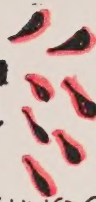
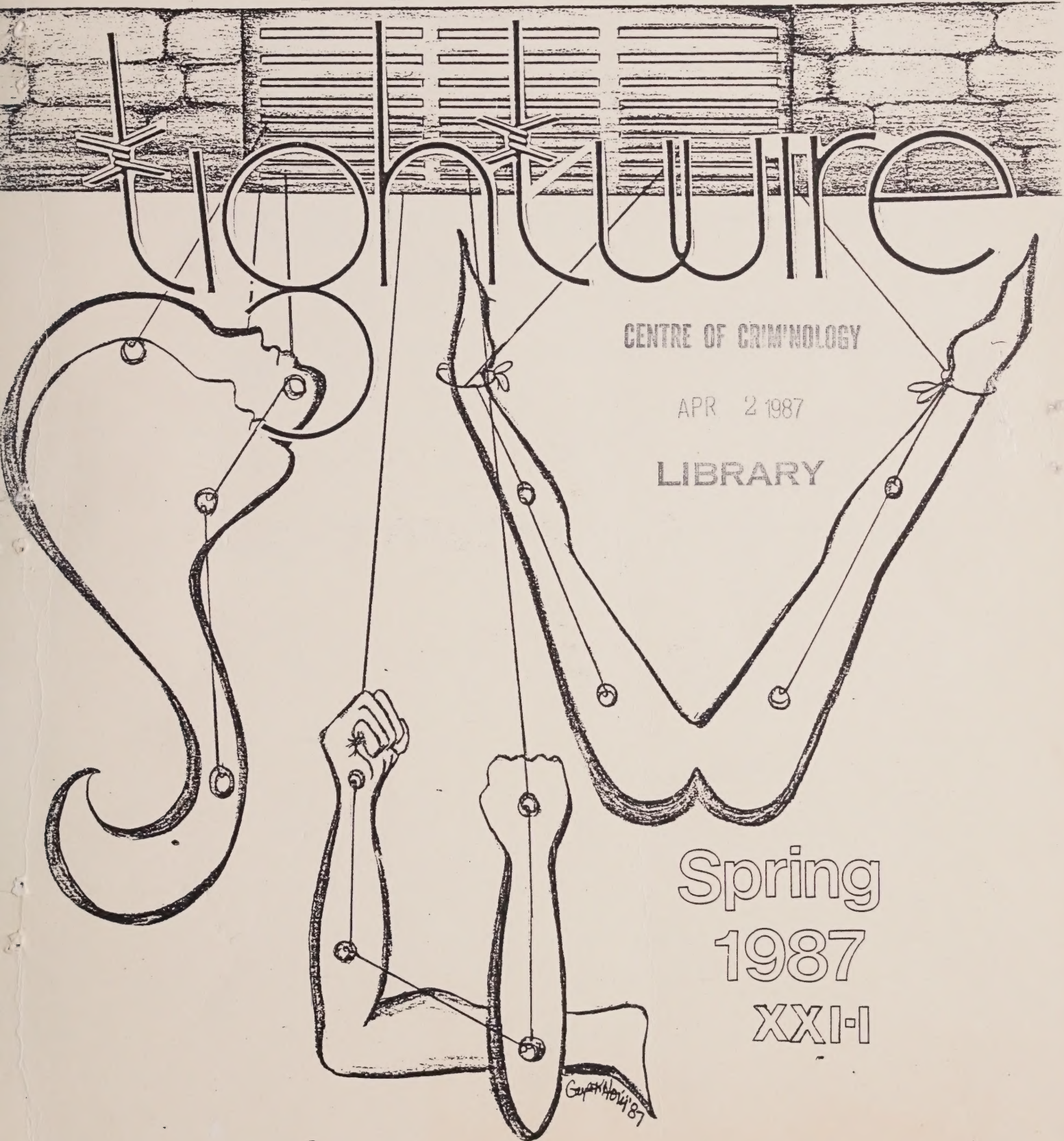


Canada



PRISON FOR WOMEN [P4W] PO BOX 515 KINGSTON ONTARIO K7L 4W7



To all our friends and supporters who have recently
subscribed-----

THANK YOU

To all our friends and supporters who have not recently
subscribed--

PLEASE DO

You are Important People to us. I hope you enjoy this
issue.

Sincerely,

Jo. Ann



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SPRING, 1987

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ALSO

LETTERS

ART

POETRY

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Typing BY: A.D.P.

EDITOR: JO-ANN MAYHEW
ASS. EDITOR: DORIANNA DITADDEO

Cover artist Gayle Horii's dramatic graphic suggests the internal struggle of women; power and degradation bound up in this prison. The separateness of her pieces is a powerful reminder of our lack of unity, our lack of trust and the lack of communication among us, both within the walls of the Prison for Women and with the outside world. Let's start bridging this gap.

A first step is defining who we are. Initially, under the law, we are viewed as adult females and as such held accountable for our actions. Somehow, arrival at Prison for Women represents a break through in time travel. The adult female of the court is now suddenly viewed as a "girl" by the Warden, by matrons, by many administrators and, unfortunately, by many of the other "girls". By accepting this casual labeling we are allowing the system to respond to the needs of girls and not the more adult needs of women.

Women need resources that will ensure effective job training. We need sufficient access to psychological services. We need the best available drug and alcohol rehabilitation programs. The women at Prison for Women do not need half-measures or less.

In 1958, the present Correctional System was developed and introduced. The purpose was to provide a three level system that would allow flexibility in meeting the offenders obligation to pay for her crime through incarceration. Severity of the incarceration is determined by the nature of the crime and the offender's personal record. The harshness of living conditions to be lessened in accordance with the amount of time served as well as the attitude with which it is served. The prisoner was entitled to earn this privilege. The same system was designed to offer a variety of programming to suit many rehabilitation goals. Since 1958 over 33 institutions have been built to accomodate men - none built for women under federal jurisdiction.

Instead Prison for Women attempts to incorporate the principles of a three tier system in one institution. The effective results of this practice are uneven, inconsistent and unreliable. Rather than allowing prisoners the right to earn privileges that they are legitimately entitled to, privileges are bestowed upon the "girls."

Regarded as "girls", our power to draw legitimate attention to the inequality of this system has been deliberately undermined. Our right to earn these progressions has been negated. We are made dependent upon the good-will of the institution and not allowed the pride and self-esteem that comes from honest effort and stated rewards. The woman spirit in each of us needs pride in accomplishment. When you answer to the term "girl" you deny your true state of womanhood and its power. Look again at the cover. Gayle has drawn the pieces of a woman - let's start pulling them together.

EDITORIAL

Jo Ann Mayhew

December 29, 1986

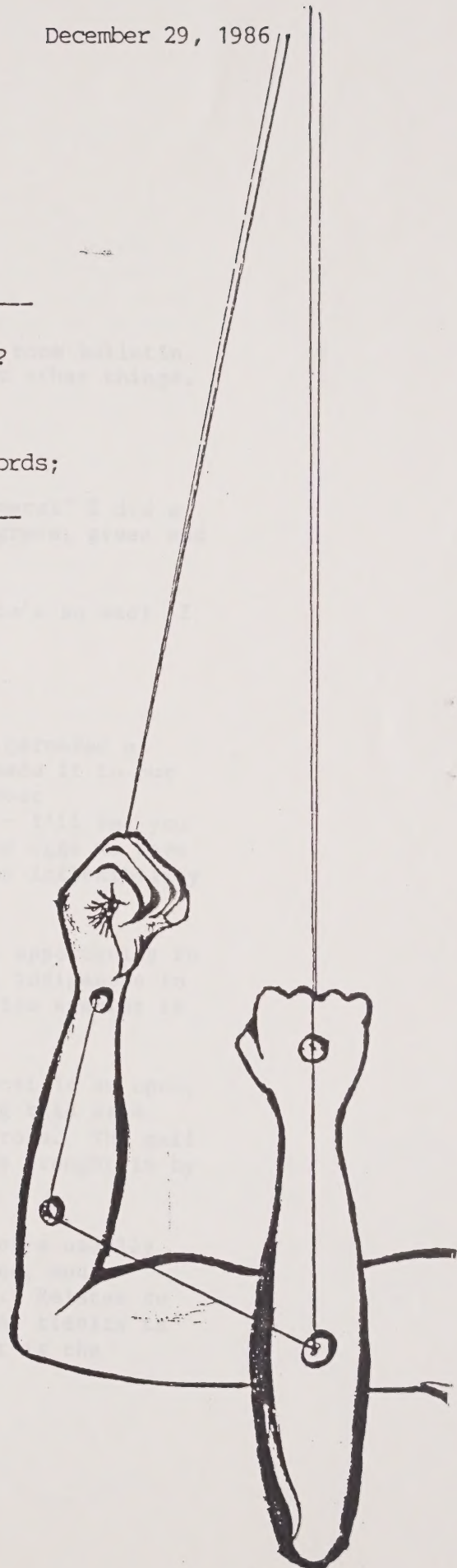
"PUPPET"

All the parts of my body function,
They don't need help with strings——
Then why do I feel like a marionet?

I recently checked and I have no cords;
Yet people try to pull the ropes——
Forget your duties, I am free
And I compose my own roles
Thankyou——

Let go of your imaginary thread,
The show has not begun,
And never will.

D



Letter to the Editor

January, 1987

Dear Tightwire:

On December 8, I noticed a new flier on the dining room bulletin board from the Tightwire people requesting, amongst other things, opinions.

I have lots of those. At least, I thought so.

Arbitrarily pouncing on the subject of "life in general" I did a quickie assessment - bars and walls and rules and green, green and more green! Bleah!

But then I sez to myself, "Self", I sez, "this - ain's so bad! I mean, look at what we do got..."

And so I looked.

We eat prize winning beef... I'm sure the last cow garnered at least a second in the dash to Vancouver before it made it to our table... As a matter of fact, we have one of the most scientifically advanced kitchens in the world today - I'll bet you didn't know that from flour, sugar, milk, butter and eggs we have tempered little round discs with the consistency and inflexibility of high carbon steel...

For the budding ornithologist, few have had such an opportunity to observe at close quarters several varieties of bird indigenous to the prison system. To the knowledgeable observer, the species is subcategorized into three distinct groups.

1. Stoolus Pigicanus - this pigeon prefers to roost in an open, Custody setting. Close observation when passing this area will reveal usually several perched around the room. The mail staple of this type's diet are Tim Horton Donuts brought in by the screws.
2. Pigicanus Directus - this is the bold member of a usually shy group, flying directly to the Warden's office, and preferring to roost amongst its natural enemies. Related to the carrier pigeon, it boldly imparts information tidbits to custodial staff in the impervious belief that it is the "right" thing to do.

Due to this bird's nature it is extremely rare, and it is diligently protected by law.

3. *Pigicanus Sneakus* - this is an extremely shy bird, preferring to flit along unnoticed through the mainstream of population, surreptitiously slipping information to screws whilst maintaining the pretext of not belonging to the genus pigeon at all. For this reason the *Sneakus* is often referred to as *Pigicanus Impostrus*.

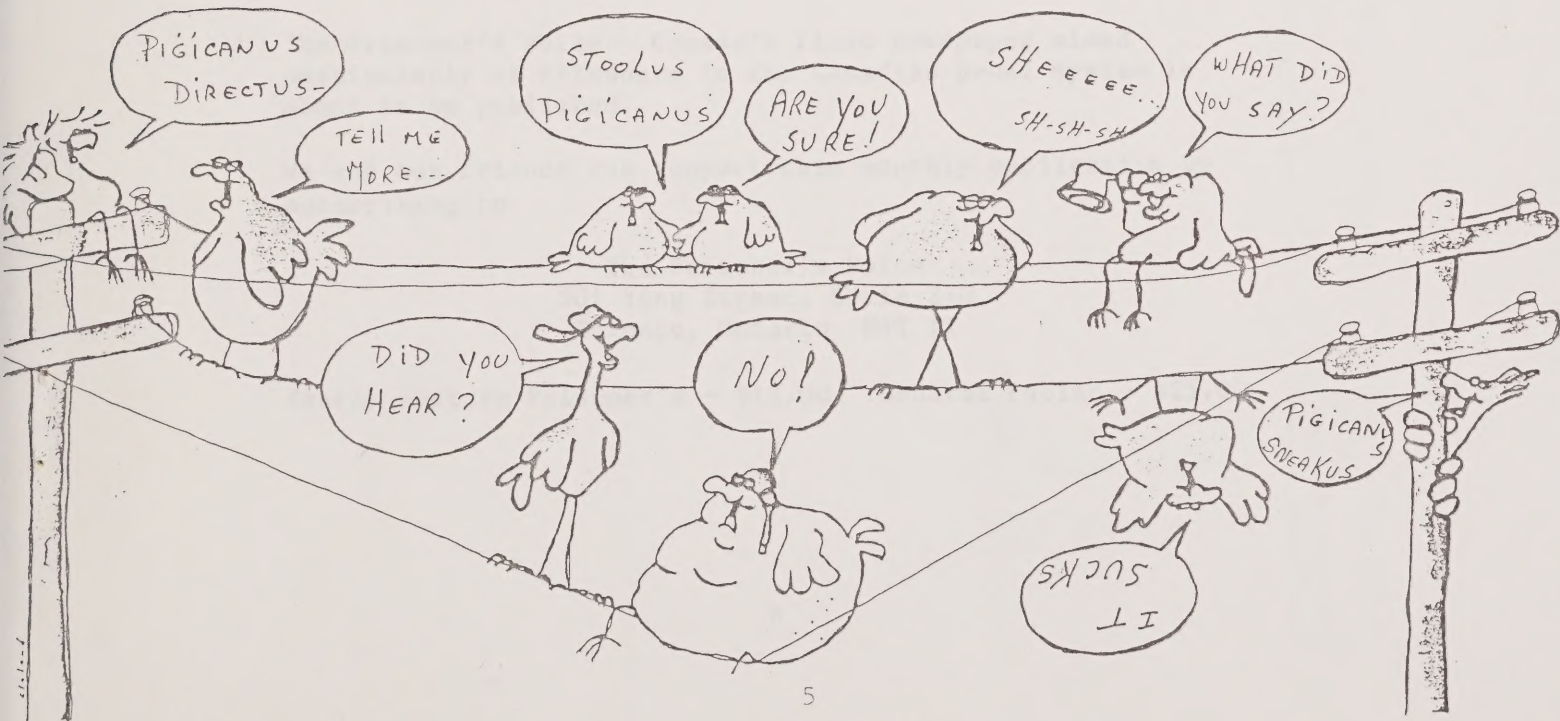
I must not omit to mention the understated luxury of the tasteful privacy shams in this year's fashionable colours which on close inspection, every neglected toilet bowl is found to be sporting...

Also - (many thanks to the rampant liberalism of the '60's - cum '70's) the pendulum completed its swing from punitive to rehabilitative lingo whilst covertly retaining the general essence of the former. To carry this off, one needs at the helm someone who has the appearance of youthfulness, of innovation, of REFORM. Enter George, sporting his psychedelic pink suit...

I believe I began this intending to give my opinion. This hodge-podge merits something simultaneously general and concise, and in my humble estimation can be summed in two succinct, monosyllabic words:

IT SUCKS!

Mary S



NEWS

For all of us concerned with the injustices and inequalities that exist within the C.S.C. there came this welcome bulletin:

THE CANADIAN CAMPAIGN FOR PRISON SYSTEM IMPROVEMENT

c/o Department of Mathematics, University of Toronto
Toronto, Ontario M5S 1A1 telephone (416) 978-4156

The objective of this Campaign is to ensure that in our prisons Canada lives up to the Universal Declaration of Human Rights of the United Nations, that no person shall be subjected to torture or cruel or inhuman treatment or punishment.

This Campaign is directed by:

Yvon Beaulne, former ambassador to the
Human Rights Commission of the U.N.
Pierre Berton, author and broadcaster
June Calwood, author and journalist
Israel Halperin, mathematician and Human Rights worker
Clarke MacDonald, former Moderator, United Church of Canada
Edward Scott, Archbishop, former Primate of the
Anglican Church of Canada

Also,

The Prisoner's Voice - Canada's first newspaper aimed particularly at Prisoners in the Canadian penal system is about to be published.

We and our friends can support this monthly publication by subscribing to

The Prisoner's Voice
501 Yong Street, Suite 210
Toronto, Ontario M4Y 1Y

Yearly cost to Prisoner's - \$12.00 General Public - \$25.00

NEWS

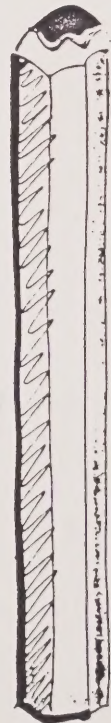
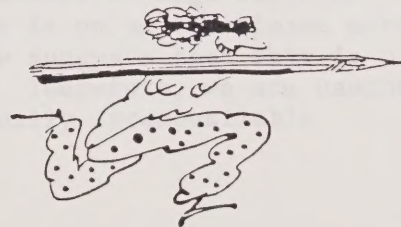
These two new resources offer the Female Offender an opportunity to inform the public of the grave inequality and inadequacy of a present penal system. With only one Federal prison in the entire country attempting to serve the needs of all women the Commissioner of Inmates Affairs writes (January 1, 1987)

"There is currently no plan to construct a federal institution for female offenders in any province or territory.

I hope this information will be useful."

Yours truly,

Rhéal J. Leblanc
Commissioner



PAROLE

In as much as a Parole Board will determine our futures, it is interesting to get a look at the manner in which a Board view's its role. The following are the comments of William Outerbridge retired after serving 12 years as Chairman and Chief Executive Officer of the National Parole board. Thanks to The Catch for reprinting the initial interview found in Liaison, Vol.12, No. 4.

Question: The National Parole Board has suffered for years from frequent media misrepresentation and public misinformation. What are the reasons for this?

Answer: It is obvious that we are fighting for a very difficult and not very successful battle to have the role that we play in the criminal justice system understood. I think the elements are very much against us. First, we are small. Second, we don't have a heck of a lot of money to do it. Third, we are in a very unusual position in the administration of justice, a position shared by other quasi-judicial or administrative tribunals. We are the one agency in corrections which is held responsible for decisions long after they are made. Agents like police officers, judges, Crown Attorneys, and prisons - are not held accountable after the fact for what happens to those with whom they have dealt. But once a parole board makes a decision about a person's release, it continues to be held accountable for the conduct of that person not only for the rest of the parole period but also, in the eyes of many, well beyond it, even though that conduct may be influenced by all kinds of uncontrollable, unpredictable outside factors.

In effect, we are caught between, on the one hand, inmates who don't like us because we say "no" to release 60 percent of the time, and the public who don't like what we're doing because of the few people who do get out and make trouble, many of them released on Mandatory Supervision over which the Board has no control. There is a third group as well. More and more, the incredible costs of incarceration are driving penological policy. Our conservative grant rate is one of the factors which contributes to high costs of imprisonment. The pressure is on us to release more, although nothing in the law suggests that this is a factor we should consider. Therefore, we are caught between at least three mutually irreconcilable

Parole cont'd

pressures - hardly the stuff of universal popularity! But I am absolutely convinced that if we did not have any kind of conditional release process, and simply opened the doors at the end of the inmate's "time", the streets would be more dangerous than they are. I, also, believe that we bring a degree of humaneness into the system that would otherwise be lacking.

In the manner of a concerned citizen Claire Culhane has spent years studying prisons and the workings of the Parole Board. His view contrasts sharply with that expressed by Mr. Outerbridge.

Based on the false assumption that future violent behaviour can be predicted, or that the National Parole Board (described by the late Chief Justice Bora Laskin as "a tyrannical authority (which) claims unfettered power to deal with an inmate almost as if (s)he were a puppet on a string) can be expected to perform its duties with honour, victims and potential victims should be looking elsewhere for protection. They should be looking to meaningful community involvement to help the newly-release prisoner.

A decent job, a decent place to live and, where needed, access to successful drug and alcohol abuse programs would offer far more protection from this real or perceived dangerousness.

Should more convicts be forced to serve their full sentence behind bars? Not unless we agree to waive the Rule of Law, keeping in mind that when one section of the population loses its constitutional rights, there's little to prevent it from happening to the rest of us. History is rife with such examples.

Now that the National Parole Board has more to spend to decide who are dangerous, what are the odds that in the days to come, when more unemployed, more working poor, more native Indian bands, picketing trade unionists, more angry women, more Farmer Survival Associations, more disenfranchised students, to name just a few of the growing number of organized protesters, continue to defy politicians and get arrested, they too may find themselves labelled "too dangerous to release". The legislation to keep them behind bars indefinitely is not in place.

Variations are many depending on Offence Committed and Prior Involvement in Criminal Activities

The following is an EXAMPLE only: Check your dates with your C.M.O.I.

POSSIBLE SCHEDULE/TIME FRAME FOR SENTENCE COMPLETION

*NOTE: This does NOT apply in the Case of Lifers!!

Sentence Date	Apply at least 12 weeks before First Escorted Pass (ETA) Second Escorted Pass (ETA) Unescorted Pass (UTA)			DAY PAROLE	FULL PAROLE	MANDATORY SUPERVISION	SENTENCE EXPIRY
	After 3 Months		After 6 Months	After 1/6th	After 1/3rd	After 2/3rd	W.E.D. Warrant Expiry Date
EXAMPLE: July '86	Oct. '86	Nov. '86	Jan. '87	April '87	Jan. '88	July '89	Jan. '91
These are eligibility dates not guaranteed release dates.							
FILING DATES No Later Than	July. '86	Aug. '86	Oct. '86	Jan. '87	Oct. '87	Apr. '89	
REASONS FOR THE GRANTING OF ETA/UTA's	Humanitarian Reasons, or to assist in the Rehabilitation of the Inmate						
	Usually a group activity first ETA e.g. swimming	Visit to a Centre or Family or Friend	Community Family Etc.				

It has been mentioned to me that upon entering an institution one is told:

"Sign your day parole away...you don't have much chance of getting it... and you will have a better chance at full parole if you wait and do some time."

DO NOT BELIEVE THIS - DON'T SIGN ANYTHING AWAY!!!

In Fact: "The Parole Board needs information as to how you've done on passes, to assist it in making a decision on Day Parole."

"Day Parole assists Board in making decision on Full Parole."

BECAUSE NOT ENOUGH HALFWAY HOUSES..IS NOT YOUR PROBLEM..SO GET YOUR PAPERS AND SCHEDULE IN ORDER..AND PREPARE!

These same questions arise so often I saw the need to write this article for all imprisoned and IN PARTICULAR for those new entrants to this system. Your C.M.O. SHOULD advise you of the following and SHOULD assist you in adequate preparation.

THE ONLY REASON: For signing away your - Day Parole, Full Parole, Mandatory Supervision is IF you do not have any release plans... (or you really like being in prison).

1. AS SOON AS YOU ARE SENTENCED:

- a) Calculate your length of sentence in months -
e.g. Sentence is $4\frac{1}{2}$ years = 4.5. x 12 months = 54 months.
- b) Separate it into time periods and mark these dates on a calendar. This is the schedule you should follow to ensure a better chance for parole release. (See Attached)
- c) Prepare your parole application. Get these papers from you C.M.O. IMMEDIATELY upon arrival if your sentence is five (5) years or less. These papers MUST BE filed at least three (3) months before your eligibility date.

PAROLE PAPERS

Prepare as soon as you arrive if five (5) years or less. File a minimum of three (3) months prior to eligibility. (Six months prior is preferred if there is time between your arrival and your eligibility date.)

1. RELEASE PLANS

Be Thorough!

If an Alcohol/Drug related crime - you must be attending A.A./N.A. program while in prison!!! Outside treatment/counselling MUST BE part of your release plans. Consult your library for the best program available for You. Dept. of Human Resources will fund you while in attendance in 30 day rehabilitation programs like Round Lake in Alberta or A.D.A.C. in Kingston, Ontario. Ask to speak to your E. Fry/John Howard worker to Liaison with Social Worker/Counsellor.

School: Be specific ... get brochures .. find out about entrance. Programs, alternate courses, etc.

Job: Get job offer in writing .. or if interest only, have someone help you find out about new Unemployment Insurance funded possibilities.

*Right now there is a CERAMICS program funded by UIC as jobs available in industry firing kilns, etc.

ALL OF THE ABOVE SHOULD BE AREAS YOU CAN VISIT ON PASSES TO GET MORE INFORMATION. IF OUT OF PROVINCE, VISIT LOCAL AGENCY SIMILIAR.

2. COMMUNITY SUPPORT

Be thorough: Names and Addresses, Telephone Numbers.

Jobs Get letters from these people sent to you with
Family copies to your C.M.O.I. (in duplicate where
Friends possible). DO THIS as soon as you arrive.
Agencies - E. Fry, etc.
Psychologists, Psychiatrists

3. WHY SHOULD YOU BE RELEASED?

- a) Do you understand and accept responsibility for your crime?
- b) Would further imprisonment help you or hurt you? Why?
- c) Do you have a family to support/care for?
- d) If not the first offence, have you complied with other conditions of release.

KEEP ONE COPY OF EVERYTHING — JUST IN CASE ORIGINALS ARE MISPLACED. FORWARD ORIGINALS TO PAROLE BOARD VIA YOUR C.M.O.I. AND REQUEST THAT SHE MAINTAIN FILE COPIES AS WELL (DON'T FORGET THIS MEANS YOUR LETTERS OF SUPPORT AS WELL AS YOUR APPLICATION)

FOR THE HEARING

1. Bring with you.

- a) A letter to the Parole Board addressing all point/factors the Board will use to make its decision. (See form NPB 28 (5-85)).
- b) Letters of support where possible, as many as you can get.

Institution:

Work performance - this is where preformance slips count
Psychologist
Activity Leaders
A.A./N.A. program sponsor
Chaplain/Priest
C.M.O.I.
Teachers

Community

E. Fry/John Howard
Chaplain/Priest
Psychologist/Psychiatrist
A.A./N.A. Other Sponsor
Job Sponsor or References
Family Members
Friends of good community standing.

2. Through the Hearing:

- a) Dress for the occasion - (don't overdress but look presentable).
- b) Be prepared to answer questions (above all be honest)
- c) Do not show display of Negative emotions (but don't be totally emotionless)

REMEMBER - Though the hearing is NOT supposed to be a trial... in reality it IS... as your FREEDOM is at stake.

BE PREPARED... HAVE A LAWYER PRESENT (or other spokesperson)

At the conclusion if the Board seems to be negative ask "What is the Alternative to turning me down... What do I have to do?"

The Board may Say: 1. Be charge free for three months.
2. Have better release plans. or
any number of other reasons.

HERE AT LEAST YOU MAY GET A RESERVE DECISION AND IF YOU SATISFY THESE REQUIREMENTS, YOU HAVE REASON TO BELIEVE YOUR NEXT APPEARANCE WILL BE SUCCESSFUL.

ADDITIONAL PAROLE CONSIDERATIONS

"Occasionally, an inmate will divulge information on criminal activity not previously known by the authorities. In such instances, the Board may feel obligated to make report of such disclosure to the police for further investigation. The assistant should caution the inmate about making incriminating statements during the hearing." CLP 86 p. 5 - 10.

"There is a myth in prisons that one is better off to go before the board on a parole review without a lawyer as a lawyer intimidates the board. We feel this is wrong but the inmate is entitled to proceed as he wishes.. To the extent that this advice should be passed along on a "C-67" hearing, Inmates should be strongly advised to the contrary. The C-67 legislation is so technical and drastic in its consequences that any inmates, even one's with legal expertise, would be foolhardy to decline representation. The act provides for it. The inmate should take advantage of any rights that are available." CLP 86 p.5 - 32, 33

All Prison Libraries should have on hand the book by:

Charlene C. Mandell, "National Parole Board Hearings", in O'Connor's Prison Law and Administration in Canada, 1985. pp. 366 - 368.

Important Court Decisions:

Couperthwaite & National Parole Board (1982), 70 C.C.C. (2d) 53 (F.C.T.D.)

Martens v. A.G. of B.C., N.P.B. & Warden, Matsqui Inst. (1983) 35 C.R. (3d) 149 (B.C.S.C.)

Latham & the Solicitor General of Canada et al. (1984) 39 C.R. (3d) 78 (F.C.T.D.)

Cadieux & the Director of Mountain Institution & the N.P.B. Unreported, F.C.T.D., May 8, 1984.

Expart Gorog (1976), 23. C.C.C. (2d) 222 (Man. C.A.)

Regina v. Elliott (1976), CRNS. 117 (B.C.S.C.)

Re Grabina & the Queen (1977), 34 C.C.C. (2d) 52 (Ont. H.C.)

Ziatas v. N.P.B. (1983), 70 C.C.C. (2d) 381 (F.C.T.D.)

(The above four well establishing the the requirement to hold a Post Suspension Hearing).

Ex parte McCaud, (1965) 1 C.C.C. 168

Howarth v. NPB, (1975) 18, C.C.C. (2d) 305

Did You Know? UNDER THE PAROLE ACT:

1. You have the right to assistance at hearings
(lawyer, friend, relative, clergyman, staff,
other prisoner). Section 20.1
2. You have the right to information upon which
the Board will make decisions. Section 17
3. You have the right to all the reasons for the
decision made. Section 19

See Also Constitution Act. 1982

Charter of Human Rights Sections 7 - 15

United Nations Declaration of Human Rights

This information is partly of my own discovery and partly advice
give me by a former Parole Board member in 1986.

Take an "Active" role in you Destiny! "Educate" Yourself ..It's
Your Life.

For answers to questions or for further information, see your
C.M.O.I. and Visit your Library and READ:

Corrections Procedures & Inmates Resources Manual (2nd Edition,
1983 - 1984) In this is Parole Act, Appeals, Etc.

Ref: National Parole Baord

Also: Policy and Procedures Manual, p. 8, p 108
Parole Regulations

Gayle K. Horii
FPS 037871C
Prison for Women
P.O. Box 515
Kingston, Ontario
K7L 4W7

NPB 28 (5-85)

This is a copy of a National Parole board form NPB 28 (5-85). Prisoners can be expected to answer questions relating to any of the subjects indicated.

FACTORS TO BE CONSIDERED IN THE DECISION-MAKING PROCESS

NATURE AND EXTENT OF CRIMINAL INVOLVEMENT

1. Gravity of Present Offence

- degree of violence
- degree of harm caused
- use of weapon
- inmate's role in the commission of the offence
- similarity to previous offences

2. Pattern of Criminal Behaviour

- escalation of the gravity of offences
- number of prior terms
- behaviour on previous releases
- significant crime-free periods
- escapes/UAL
- age at first conviction

3. Possible Contributing Factors

- age
- employment/education history
- substance abuse
- general physical/mental health
- family background

PERFORMANCE SINCE ADMISSION TO INSTITUTION

4. Offender's Understand of His Criminal Behaviour

- acceptance of responsibility
- knowledge of what led to criminal activity
- deterrent effect of incarceration

5. Value of Program Participation

- work/education
- treatment
- social/cultural activities

6. **Inmate's Behaviour**

- criminal behaviour/misconduct
- attitude towards others
- special custody status
- danger of deterioration from continued incarceration

APPROPRIATENESS OF RELEASE PLANS

7. **Community Assessment**

- accommodation
- employment/education
- family support
- social contacts
- available treatment resources.
- supervision available
- community response
- need for special services prior to conditional release
- length of time to parole eligib. and or statutory release

8. **Performance on Previous Conditional Releases (Current term)**

- day parole
- full parole
- mandatory supervision
- UTAs
- probation/bail

9. **Views of Professionals**

- psychologists
- psychiatrists
- judges
- CMT
- police reports
- others

"DON'T CRY TONIGHT"

When the silence of the night
comes dancing in your presence
stealing away yesterday's dreams
awakening in the storms of your mind
is a sudden rage of tears
but don't cry tonight;

Echoing emotions from the past
scream out helplessly
grasping for a chance
losing the need to survive
withering away deep within
but don't cry tonight;

The night will become your friend
love her as you would a lover
caress her moments of solitary
cherish her feelings
but don't cry tonight;

I will be there every step of the way
dreaming your kind of dreams with you
I will be there always
when the tears begin to fall
Remember I am with you;

Be strong

You, me

like an unspoken whisper in the night

shall overcome.

Lise Pelletier
August 12/86



Cote 187

"3:00 A.M. BLUES"

*When the lights go out
I surrender myself
to soft dreams of you;*

*your body against mine
breathing rhythmically
to words of music
only I can understand;*

*I drift off to sleep smiling
holding you next to me
feeling your tender kisses
echoing in the silence of my heart;*

*suddenly without hesitation
I awake to the naked reality
of myself in a cold prison cell
warm teardrops quivering
a sadness overpowers;*

*It's 3:00 a.m. in the morning
dreams of you have since escaped
but the memory of a heartache
begins its cruel pace
chasing me through the night;*

*I try to hide in the darkness
I close my eyes, not wanting
to think of you
I try to do anything
that will take away
this pain of losing you.*

*Lise Pelletier
October 21/86*

PRISON IS NO PLACE FOR MOTHER

Women with very small children should not have to be subjected to lengthy periods of incarceration. It is not necessary to put these women through such emotional deprivation by separating her from her children. to continue to keep her incarcerated without consideration for release on parole is causing more emotional turmoil inside her - that only another mother would be capable of understanding.

A mother is a special kind of woman. She feels every bit of hurt that her children are exposed to. She worries more about a scraped knee, a cavity and a cold than an average person would concern themselves about. She worries about her child's development like a contractor worries about building the best house on the block. But in comparison to the emotions that a mother feels for her child - the contractor is only building his house for the benefit of prestige - for having built the best damn house on the block! If the contractor fails to build such a house, he can move on to another idea, another contract to complete his intended project.

It is not possible for a mother to give birth to the same child again. To share in the joys of watching her child develop into a little person, and to build inside her child a special secure bond between them as mother and child.

It is also not very healthy for a small child to be exposed to a long separation from his mother. This separation will more than likely cause an overload of psychological problems later on in life.

Society, social workers, psychologists - will admit that it is very crucial for a child to have a mother. The Justice System hardly recognizes such an issue. Statistics are addressed every so often as to how many mothers have been incarcerated. That is as far as it goes.

The Justice System may continue to introduce rehabilitative programs for the incarcerated - but what about the mothers? Are we given any recognition or consideration at all? And what kind of consideration would a mother receive? Is it at all possible to deal with such an issue in prison without the children's involvement?

How could you tell a mother in prison "everything's going to be alright" when she is being torn apart inside wondering how her children are doing?

We are mothers in a very unique way - and we are in prison. We have our children out there. Doing time - in a sense - waiting the arrival of their mother.

Our children are our future. Is that too hard to understand at all? What do our children benefit from being separated from us, their mothers?

Some people may talk "Prisoner's Rights", and do whatever is possible to help support the incarcerated. I am in favor of such Support Groups. I do not criticize them at all.

But who is supporting the children while their mothers are incarcerated? What specific rights do children have to their mothers in prison? Is it possible that our children could apply for some kind of "compensation" for all the emotional suffering they will have unjustly suffered during the separation from their mother - especially if there are no reasonable grounds to continue to keep her in prison? Then is it really going to compensate for all the pain and hurt and confusion a young child will have experienced during his mother's absence?

I think it's time that we recognize the value the Justice System places on a young child's life when they incarcerate the child's mother - and continue to keep her in prison thereafter with no such opportunity to be released on parole to rebuild their lives with their children.

Lisa Pelletier
January 14, 1987
Prison for Women



WOMEN'S HALF-WAY HOUSE

By Lisa Pelletier

There is no women's half-way house in the whole of Saskatchewan. Whether or not, it is from lack of funding, lack of interest, or lack of support for one, I feel there is a need for such facilities as a women's half-way house.

Statistically speaking, there are more male inmates than there are female inmates. But have you ever pondered the traumatic experience a female inmate must endure while being incarcerated? The thoughts of their children are a constant obsession. The thought of whether they are being cared for properly is always present. The maintaining of the household while she is away is only a minor issue.

It is devastating for a woman to be taken away from her home and family. It is like a sudden unexplainable death. When the children ask, "Where is mommy?" It is hard for a small child to comprehend the idea of incarceration. Yet they do understand that their mother is no longer there.

Within such a structural setting as a woman's half-way house, the separation from their families and home need not be extensive as incarceration normally would be.

A women's half-way house would be the half-way point to home from jail. They would then be more readily encouraged to work out any problems at home. Whether it be alcohol or drug abuse, or just a simple family matter.

A lot of the women who are incarcerated are picked up right off the street. Upon her release, they may have no other choice, but to return to their former lifestyle that had originally produced a period of incarceration for them. Some women may no longer want to return home because of problems they have experienced there. But where can they go?

Crisis Centres that are developed through the Department of Social Services are for emergency situations. Criteria need to assist women, is that they must have children. Not all female inmates have children.

Apparently, the Native Alcohol Centres do not accept newly released inmates. There is a 10 day waiting period. By then, who knows if the woman may still desire to quit drinking and using drugs?

I strongly feel a woman's half-way house would prove more of a benefit than other options they may have concerning their rehabilitative intentions. In a half-way house structure, they will learn to recognize the specific problems they have had, and be more relaxed and willing to work the problems in a way they have never had the opportunity to do so.

I also feel a woman's half-way house would reduce the rate of recidivism. A lot of women are on a continuous cycle of incarceration. With the same problems being admitted with them, and the same problems being released with them.

A women's half-way house is more than just badly needed. It is time that we recognize the female inmate just as we do recognize the male inmate, who have the opportunity of applying for parole to a half-way house, or a Community Training Residence, as one might call it.

It is also my intention to see that a women's half-way house be implemented in Saskatchewan.

Previously printed in the Prince Albert Daily Herald and the New Breed Newsletter in Saskatchewan.



WHAT IS A C.I.S.?

In the December 1986 issue of the Warkworth Institution magazine Outlook there was an article outlining services offered to inmates by an office in the prison called Community Information Services (C.I.S.). This office, run by prisoners for prisoners provides clerical assistance when it is needed. This means help is given in typing and editing such things as parole application papers. The C.I.S. also has on store information on halfway houses and the services they offer. There are a variety of different forms which help inmates obtain everything from social insurance numbers to copies of your record and other documents you may need at some time. The C.I.S. offices at Warkworth are open for business daily as well as several evenings each week.

This sounds like a very useful service that could be used by many women here at Prison for Women. Anyone interested in having this service could talk to the Inmate Committee to see how such a proposal could be undertaken. Not only could a C.I.S. office help us present better looking documents to those making decisions about our lives, it could also provide a real job-employment situation for ADP typist graduates and help reduce the numerous minor inquiries now being directed at C.M.O.'s!

ROOM for IMPROVEMENT



LOVED AND LOST

I knew you, and loved you, and won you, in Kingston.
I loved you, and won you, and lost you, my darling!
The dark skies of prison swept down against us.
Lightning - lit only by our own love, my lovely!

Our time was a short time, a sharp hour of glory.
We tasted delight and we suffer denial.
The tale of us two is a bittersweet story.
Short as a shot but as long as death.

We met and we loved, and vainly we plotted.
To rescue beauty from a smothering world.
Time had no time for us, the minutes, no mercy.
We loved and lost, and the world goes on.

We have lost and have kissed, and have parted, my darling!
All that we have, we must save in our hearts, love.
The memory of beauty and the beauty of memory ...
I've loved you and won you and lost you, in Kingston.

January, 1987



BEING HERE

Being here is sometimes hard, I know,
Especially if you've had to watch friends go.
But when your stay is just a little while,
Don't let the gremlins steal your smile.

Short sentences are very cruel,
They don't give enough time to learn the rule;
But they mess up your happiness and your life,
And leave you wishing for less strife.

People that will be here for a long time,
Adjust and eventually they don't mind.
Their life becomes altered in a subtle way,
That makes it possible for them to stay.

Short time is the worst time - you make few friends;
Because time is fleet and it all ends.
Most lifers won't let you see their heart,
Because soon they know that you'll depart.

So you live an in between existence,
Between here and the one in the distance.
Your heart and head are still out there;
Your body's trapped in here.

You wish for freedom and for better times,
You try to live within the lines.
Lines drawn long before you arrived;
All set down by people who survived.

Survival really is the only key,
To doing time anywhere you see.
You do what has to be done,
And hope that soon you will be gone.

Time and experience make me reluctant to sign my name
But I hope this lifts someone's spirits just the same.





THE RED PIPE BOWL IS
 THE INDIAN'S BLOOD.....
 THE BLOOD OF A WOMAN
 THE STEM IS THE BREATH OF A MAN
 TOGETHER, THE TWO GUARANTEE
 THE FUTURE GENERATIONS
 BUT IF THE PIPE IS LOST
 IT WILL BE THE END OF THE
 SIOUX PEOPLE



NATIVE SISTERHOOD AT KINGSTON PRISON FOR WOMEN

The Native Sisterhood has been in existence for over the past ten years in the Kingston Prison for Women. The Native Sisterhood is made up of a group of Native female prisoners. Members of the Native Sisterhood are from all points across Canada. There are Status, Non Status and Metis women who are actively involved in the struggle to be recognized as Native people behind prison walls.

Issues and concerns relating to the Native Sisterhood are presented at their weekly Monday night meetings. It is not mandatory that every Native woman attend the Native Sisterhood meetings. However, the Native women are welcome to join the group at any time.

There are no fees for membership. All that is required is that respect is shown to the cultural and spiritual aspects of Native life - and that the women are of Native ancestry.

The Native Sisterhood holds two Pow Wows a year inside the prison. Sacred sweats are performed every so often when an Elder is available to attend a sweat inside the prison. Sweetgrass is provided for the women which they burn at their own discretion in their cells by themselves, or with other women.

Outside Native Liaison Services are provided by "N'shikewizwug" her in Kingston. It holds a staff of three people who are available to assist the women in preparing release plans, and making contact with other Native people who have an interest in helping the Native women who are in prison. N'shikewizwug also provides its own drum and singers for evenings of singing, drumming and dancing inside the prison, and at the other Federal prisons in the area that have a Native Brotherhood group.

Elections were held on January 5, 1987 for positions on the Executive Board. Newly elected President/Chairperson is Ruth Tornquist from Winnipeg, Manitoba. Vice-President is Tammy Papin from Edmonton, Alberta. Debbie Maracle, from the Six Nations Reserve near Brantford, Ontario, is the Secretary. Treasurer is Lisa Pelletier from Regina, Sask. Marg Mecas from Winnipeg, Manitoba, remains as the Native Representative on the Inmate Committee. Former President of the Native Sisterhood was Janice Bear from Saskatoon, Saskatchewan.

We are living a lie if we believe in what Sitting Bull had said:
"Let us put our minds together and see what we can do for our children."

It's not a pretty world for our young children to have to be subjected to seeing their parents physically being dragged off to jail. For these young children to have to endure the consequences of their parent's irrational behavior in committing crimes to secure basic necessities for the family - as a result of being rejected the necessary help that they so desperately need is totally out of realm in believing in the Native unity.

I, no doubt, am very capable of identifying with my incarcerated brothers and sisters. I, also, feel that I am capable of helping them in a significant way that would eventually help them overcome this merry-go-round kind of lifestyle that they have had no alternative, but to live.

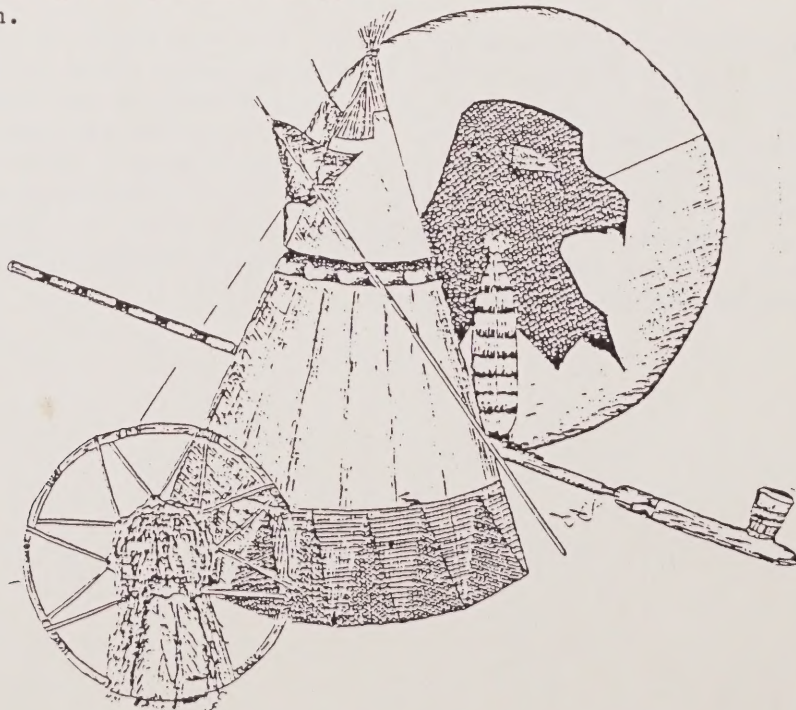
I, also, feel that the Native organizations out there could be of support in helping set up a program that would be specifically geared towards helping our brothers and sisters in prison and upon release.

We can no longer go on ignoring the problems of incarcerated Native people. We must begin to identify with them as a "forgotten people" also, and pull together to help them in whatever way possible.

I will be setting up a program for my brothers and sisters in prison in early 1987 in the Saskatoon area. Without your support and encouragement, it would not be possible for me to carry out such a goal by myself.

However, I will not give up this struggle to help my brothers and sisters in prison.

Lisa Pelletier



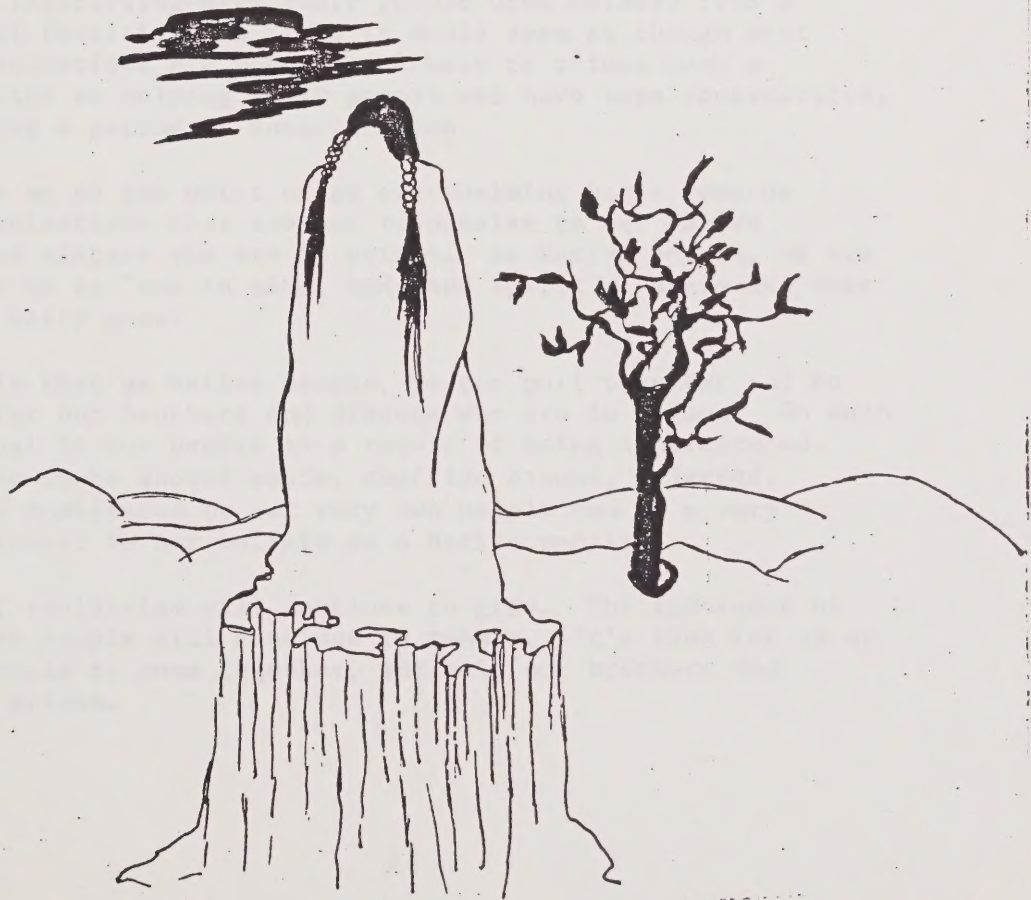
AN INDIAN IN PRISON DREAMS

I had a peaceful dream, again last night,
I dreamed of Maidens and Warriors, of times gone by,
Everything in the dream, really seems so right,
All were so happy, somewhere in the Great Spirits' sky.

They were hunting, living and loving like in the past,
they were not on reservations, or in stone houses so cold,
they were out on the plains, on horses so fast,
Racing with the wind, like in days of old.

Warriors on horseback, all in a straight line,
Graceful in formation, like the Wild Geese,
The Maidens all pretty, and they dressed so fine,
Elders and children too, all living in peace.

But all too soon, my dream ended last night,
But someday I know, that somewhere in the long run,
I'll join my people, on my solo spirit flight,
Because in the end I believe, there is peace for everyone.



NATIVES IN PRISON - A FORGOTTEN PEOPLE ALSO

The rate of recidivism for the incarcerated Native men and women is shockingly high in the Provincial Correctional Centres in Saskatchewan.

These men and women are on a continuous cycle of incarceration. It would almost seem to anyone who does not quite understand the causes of what provoked a period of incarceration - "is that these men and women do not desire to change their lifestyle of living in an absurd way of being incarcerated time after time".

It would also appear as a hopeless situation to people who do not have the insight into what makes these men and women reoffend. I find that beginning to understand the causes of recidivism can be very frustrating to one who has not experienced incarceration at all. But it can no longer be ignored.

These Native men and women who are incarcerated today must be recognized as individuals who would like to make the necessary changes in their lives, but who have been rejected in more ways than one could comprehend.

Native Organizations out there in mainstream society are not capable of identifying with their people upon release from a Correctional facility. At times it would seem as though most Native organizations are more than likely to refuse such a responsibility as helping their people who have been incarcerated, or are facing a period of incarceration.

it disgusts me to the point of an overwhelming anger towards Native organizations that are not responsive to our Native brothers and sisters who are in prison. As Native people, we are supposed to be as "one in mind, body and spirit". Where has this concept of unity gone?

I am certain that as Native people, we can pull together and do something for our brothers and sisters who are in prison. So much has been lost in our people as a result of being incarcerated. Then to have to be shoved aside, shuffled around, rejected, ignored and humiliated by our very own people can be a very traumatic insult to our beliefs as a Native people.

The rate of recidivism will continue to grow. The ignorance of our very own people will continue to remain. It's time for us as a Native people to come together, and help our brothers and sisters in prison.

The date for the next Pow Wow has been scheduled for May/87.
regular guests in the past have travelled as far away as South
Dakota - and from places in Ontario such as Sault Ste. Marie,
Sudbury, Toronto, Ottawa, Hamilton, and Cornwall.

Generally speaking, the Native Sisterhood is promising beginning
for some of the women who are politically aware of the issues that
concern Native people today - who would like to see positive
changes made for their people inside and outside prison.

Lisa Pelletier
January 18, 1987
Prison for Women





Carve K. Hori '87

FOR MY BROTHERS AND SISTERS IN PRISON

Listen my brothers and sisters
who are locked up in prison
let us not waste away
ourselves in this System
that ignores our right
to be as one in unity;

Let us not betray our Creator
who has given us life
to be guided by his spirit
in times of trouble
and nights of desolation
Turn your heart to our Creator
he will accept you
even behind prison walls;

Struggle to be free
of all ignorance and hate
do not allow yourselves
to be drawn in the trap
that is set before you
inside these prison walls
look around you everywhere
you will see what I mean;

Walk proudly as Native people
with your head up high
hold on to your dreams and aspirations
Prison cannot take those away from you
Prison can only try to break your spirit;

The Creator will be there
with you in every step you take
every breath in strength
from yesterday's rain;

May the Great Spirit find you
as you walk towards tomorrow
filled with peace and strength.

Megwetch.

Lisa Pelletier
January 18, 1987
Prison for Women

ANGEL OF DARKNESS

Angel of darkness
come take me away
over these prison walls
I want to be;

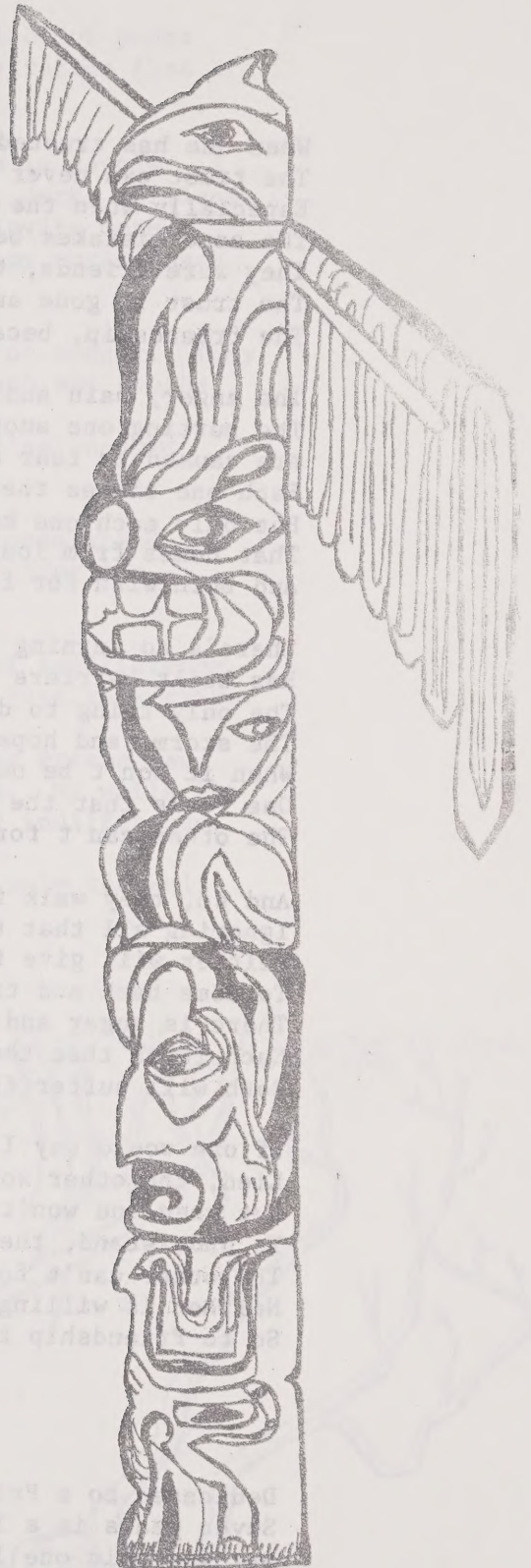
I can no longer bear
the consequences within
I need to be free
from this prison inside of me;

Angel of darkness
help me to understand
what I am going through
help me to overcome
the darkness of my being;

Let the secrets of the past
be on the wind tonight
Let the sun rise tomorrow
without a shadow of doubt

Let me be the woman
I am guilty of.

Lise Pelletier
August 19/86



BETRAYAL

When one has trusted and been betrayed
The trust can never be restored.
Especially when the person has made,
The same mistakes before, even though
They were Friends, the hurt has been laid;
The trust is gone and with it
The friendship, because it was betrayed.

The anger, pain and bitterness,
The hurting one another,
Are caused by fear and hopelessness.
Each one blames the other.
But only each one knows the restlessness,
That comes from losing someone;
And both wish for forgetfulness.

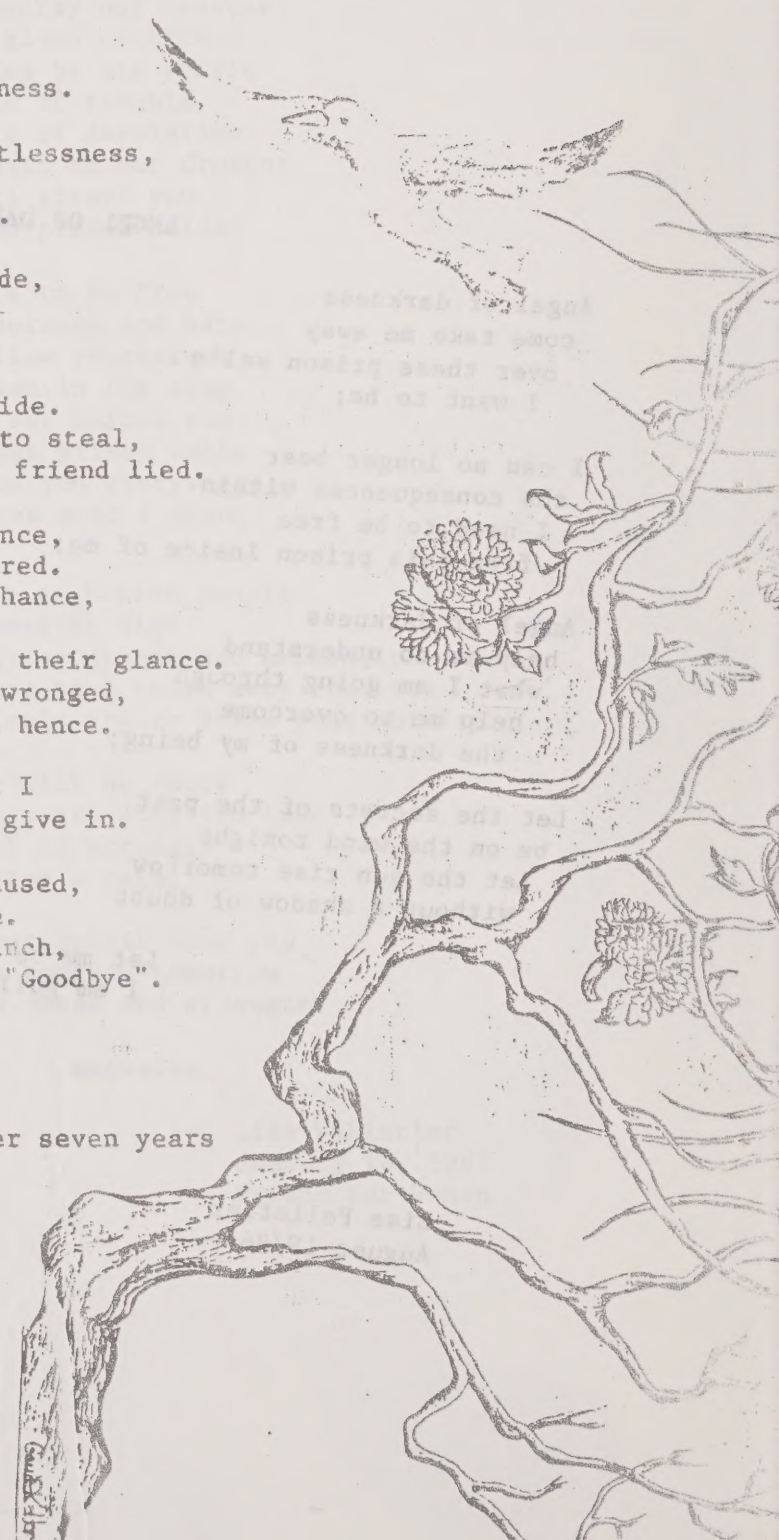
There's no turning back for pride,
Has built barriers of stone.
The only thing to do is ride
The storm, and hope for a time,
When it won't be necessary to hide.
One feels that the other tried to steal,
The other can't forget that her friend lied.

And so, they walk in stony silence,
Ignoring all that they once shared.
Neither will give the other a chance,
To come back and try again.
There is anger and hurt in even their glance.
Each feels that they have been wronged,
Both will suffer from this time hence.

If one would say I'm sorry that I
Lied, the other would probably give in.
But when one won't even try
To understand, the hurt they caused,
The other can't forgive the lie.
Neither is willing to give an inch,
So to Friendship they both say "Goodbye".

Dedicated to a Friend lost after seven years
Seven years is a long time,
But you told one lie too many.

D.M.



NEVER IN SIMPLE WORDS

Never in Simple Words - funny little marks on a piece of paper tell of the loneliness, doubt, bitterness and frustration that are the constant companion in my gray world.

I can't share gentleness because nothing in prison is gentle. I can't show kindness because kindness in this cold, dark, lifeless and empty world is a weakness. To be weak is to invite more hurt. I dare not show love because the wolves of my world, bars and mocking locked doors would tear it to shreds.

I cannot bring forth or demonstrate my loneliness or hunger. They have become a bone deep ache that even I can't reach and soothe.

Don't pity me people, understand me and the ways I've changed inside.

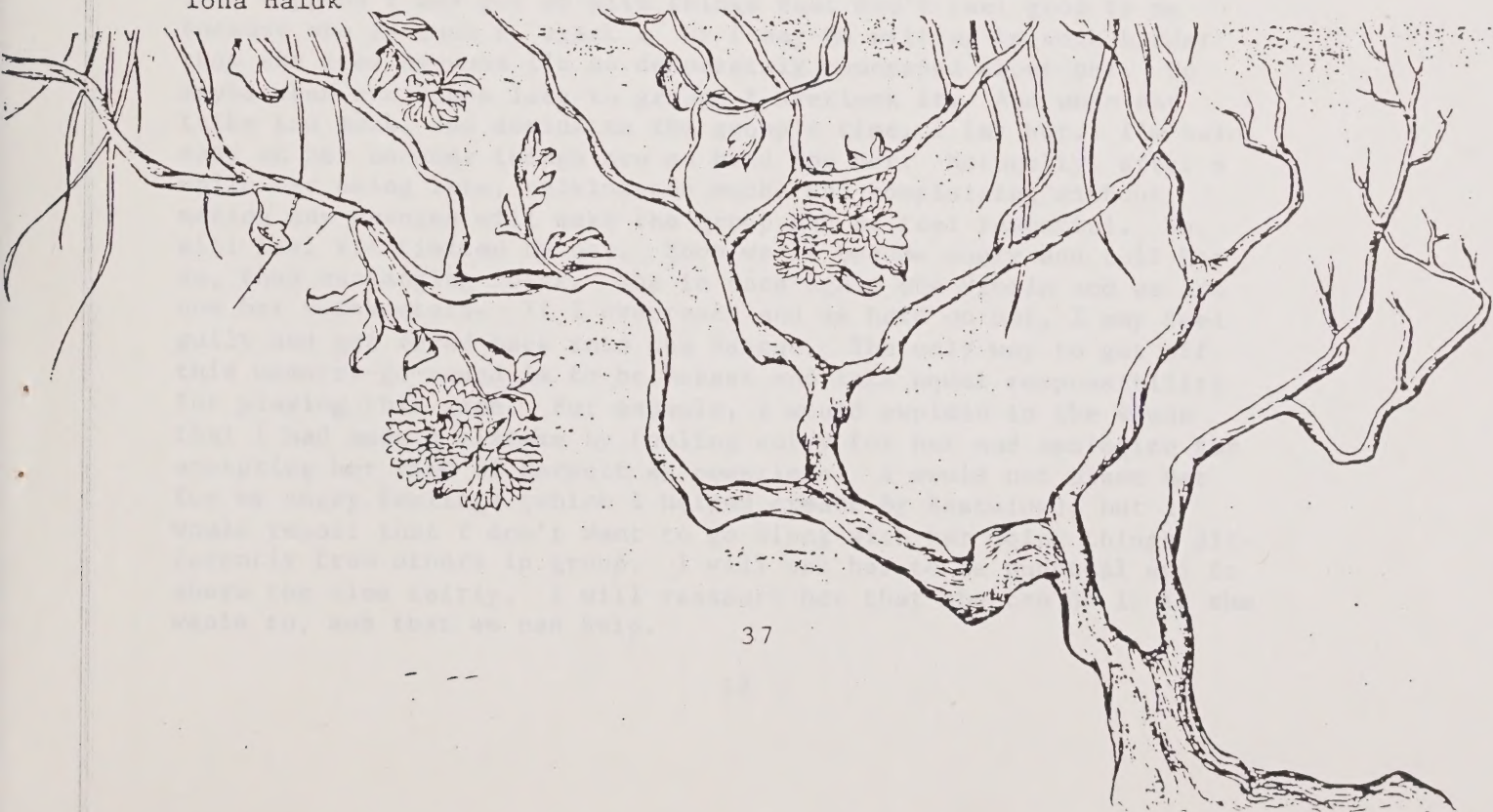
You can begin to see the shell forming. Can they understand the scars it leaves when you see a friend's mind snap under the strain, and become a walking zombie?

You survive by playing a role, acting out a part of indifference. You become stiff lipped, cold and tough, hardened just to survive.

Can they understand I can't speak my feelings? For Prison law, like Jungle law enables only the strong to survive. My walls let me be strong; I hide my true feelings showing only indifference.

I am a woman of a breed that stands alone knowing only too well that in the end Destiny always wins.....

Iona Haluk



"RESCUE"

This article on Rescue was sent to me by an outside friend. A woman whose own life involves her with the victimization of battered women. The situation of women being made to feel powerless exists throughout society not just behind the walls of the Prison for Women. It is helpful to keep in mind the words of Barb Deming,

Even in prison we must continue to learn and understand what positive control and power it gives to us as individuals really means. The 1984 Task Force in it's Statement of C.S.C. values states that "offenders are so much a part of the correctional system that it is irresponsible not to include them in certain decision making processes". The first step to being included in this decision process is to start making positive decisions about our own lives.

"Rescue" describes a crippling and pervasive problem. It is our belief that it is not possible to save someone who views herself as powerless and unable to help herself. People mistakenly think they can do it for others, and their guilt makes them feel that they should especially do it when the person, someone who feels herself to be a Victim, is asking for a Rescue. Instead of being a compassionate and kind gesture, an attempt to Rescue someone is actually an oppressive and presumptuous act because it colludes with the victim's apathy and sense of weakness. Rather than enabling women to take power and ask for what they want, Rescuing reinforces women's passivity and helplessness. The message is "Here, let me help you - you can't do it, but I can."

Let's look at how it can happen. A woman comes to a group prison feeling and acting powerless. She may remind me of my mother, or have a physical disability, or be in a situation that excites my own special fears. This may make me feel sorry and worried about her, so that I want to give her special treatment and be easy on her. If this happens I may put up with things that don't feel good to me because she is such a "wreck". Or I may be willing to work harder than she does because I'm so desperately concerned about her. So maybe when she comes late to group, I overlook it. And when she talks too much, and dominates the group's time, I let her. I'm being easy on her because things are so hard for her. Naturally, after a while her being late, talking too much, and complaining without making any changes will make the group and me feel resentful. We will feel Victimized by her. Soon we'll become angry and tell her so, thus exchanging roles. She is once again the Victim and we are now her Persecutors. If I overreact and am hard on her, I may feel guilt and get lured back into the Rescue. The only way to get off this unmerry-go-round is to be honest and take equal responsibility for playing this game. For example, I would explain to the woman that I had made a mistake by feeling sorry for her and apologize for accepting her view of herself as powerless. I would not blame her for my angry feelings (which I helped create by Rescuing), but I would report that I don't want to go along with her doing things differently from others in group. I will ask her to be punctual and to share the time fairly. I will reassure her that she can do it if she wants to, and that we can help.

There is a delicate balance I need to establish in order to help women reclaim their power. I need to accept people as they are at the moment, with the limitations they have right now, while also recognizing their potential and helping them reach it.

Rescue is an issue that comes up in a group or prison all the time. Take this story about a woman named Frances. She was sorry for her roommate Sarah, whose lover had just been killed in an accident. Frances felt sympathetic and wanted to console her, but Sarah never seemed to get better and kept complaining to Frances about how bad this loss was for her. After a while, Frances began to dread talking to Sarah, but still she would listen, playing the Rescue role out of guilt because her own life was so happy by comparison. For a long time Frances couldn't bring herself to tell her friend she didn't want to hear her complaints any more, and finally she began to get angry and think about moving out. She felt that Sarah was not doing anything to make things better for herself. The group advised Frances to take responsibility for not being honest from the start, and to stop being angry - that is, to drop her Persecutor role. She was able to release this accumulated fury in group by role-playing a scene in which another woman played Sarah, this got rid of the persecutory energy. We then suggested that she talk straight and supportively to her friend. Frances decided to be completely frank with Sarah, to tell her that she disliked her taking a passive Victim position and to ask her to start taking better care of herself. Frances reported to the group the next week that although it was hard for Sarah to take this feedback at first, she soon felt much better: after three days she told Frances how much she appreciated her stopping the Rescue, which might have destroyed their friendship and was prolonging her normal feeling of mourning and self-pity. Sarah has actually thought that Frances wanted her to talk about her sadness.!

Anyone who wants to help others must be clear about how to avoid Rescue. A person who Rescues will wear herself out and be unable to help others, because the Rescues will not help those Rescued to take power. This self-defeating pattern is what turns idealists and do-gooders into bitter cynics. Feeling somewhat unworthy about themselves, but convinced that it is good and kind (and deserving of respect) to Rescue some people, they think they must give more than they can. Their attitude results in a self-fulfilling prophecy, for they always get less than they give and end up feeling resentful. Another reaction to having Rescued others is to become very rigid about not Rescuing, to adopt an anti-Rescue stance which demands that others do more than half the work. This attitude is often apparent in people like nurses, who have given out a great deal for a long time: They become very tough about remaining "professionally" detached. Or it is seen in couples where the woman has habitually Rescued the man by anticipating his needs and then fulfilling them without his having to ask. When she decides to stop this, she may overreact by demanding that he immediately get in touch with her own needs, and by giving him no nurturing support at all unless he asks for it in the right way.

Taking a hard-line anti-Rescue stance which is actually persecution is no more fruitful than Rescue itself. Getting a feel for the balance point between the two is what a person seeks to develop in herself. The other way to learn it is by doing it and being open to critical feedback. Since this is such a pervasive problem, no one is expected to overcome it instantly. Rescue is definitely an ongoing process, and cannot be completely eradicated until the cultural institutions and conditions that breed it change.

Women are not served by attempts to provide them with a we-do-it-all-come-consume-us-and-feel-better therapy. Women do gain when they are shown new positions and are taught how to take advantage of them in developing problem-solving skills. Growth requires that they make their own decisions. Supporting each other women can take the risks to work through fears of changing and taking power over their own lives.

She must cry out her pain and use her rage to fight for freedom. Only she can be there twenty-four hours a day to make sure that she carries out her plan.

From "Solving Women's Problem" By Henin Illuckof



REMEMBER IT ALL ...

When you seek love
Your life is just beginning
Your heart feels
As if it will burst when your hands touch.
You tend to forsake those who are dear to you.
Your soul quivers for the touch.
Your body yearns to be nearer the other.
You lose all perspective of what is real.
Love is beautiful;
Love can be fulfilling and rewarding,
But then suddenly it's gone, and all you are left with
Is a heart full of pain and sorrow.
You cry and oh how you ache!
All you can do is wonder why.
One day though, you remember all the beautiful moments -
How you laughed, and kissed ...
You held each other oh so close.
The quiet nights you lay nestled in each other's arms,
All the world at peace.
The tender words that were spoken,
The soft lips on yours, the caress of your hair ...
You remember it all.
Oh, how you remember it all ...
Some people live a lifetime and never know this feeling
It is one of God's greatest gifts.
So if it comes your way - treasure it - it may do so but once
But remember you loved and were loved
And it was beautiful!
I know, I did ... REMEMBER IT ALL ...

D.B.

Side Effects

A Dramatic Prescription

First we were all just people ... The earth turned a couple of times ... A woman got a headache ... Her friend said she knew of a flower that worked for headaches. The earth turned again ... A little boy hurt his finger ... His uncle said: "Let's see now. If we just pull here, maybe that'll fix it." The earth turned a few thousand times ... One morning we woke up ... Everything had changed ... Oh, we were still just people. But ... Most of us were patients ...



After hundreds of days locked up she's free, a scared woman, enough pills in her purse for 100 suicides, a total dependency on the shrink who by this time is plaguing her sexual innuendo and she is so lonely for a friend she can't stand it. And she can't think and wonders how she used to remember things and speak her mind. She's quiet now, reads cookbooks and she's very much into drugs. She's lonely, meets a man, gets married—the shrink and husband shake hands, therapy over, she's cured. Still lonely, she has a baby, a baby born of a momma force-fed drugs, born with fingers and toes webbed and the momma thinks, "thank God that's all." She knew, like women in Viet Nam know—our children are being poisoned by white men. Men have always feared our wombs and the power of birth. And the pills, Stelazine, Thorazine, Prolixin—they are money, they are power, they are death. In giving up the pills I no longer identified with sickness. My long struggle for rebirth began.

Ahni, in MADNESS NETWORK NEWS, Vol. 3, No.6, 1976, p.4.

THE SIDE EFFECTS PRESCRIPTION

PATIENT'S NAME: EVERYWOMAN

DIAGNOSIS: Inappropriate consumption of dangerous pharmaceuticals whose side effects have not been adequately tested.

SYMPTOMS: Ill health and even death, addiction, loss of self-esteem, powerlessness, loss of job, breakdown of relationships, sterility, and loss of control over body and spirit can result from prolonged consumption of particular drugs.

PATIENT SUSCEPTIBILITY:

Social stereo-types and conditioning mean that women are much more likely than men to be over-prescribed or inappropriately prescribed drugs. The following are some of the factors which render women more susceptible:

contraception is usually preceived as a woman's responsibility;

women are often solely responsible for the health of their families;

woman's role and status in society are in a state of flux and expectation are confused, creating stress and excessive demands;

women's lives are valued less and so less care is taken in prescribing drugs to them;

doctors respond to women's cries for help by prescribing drugs for what are, in fact, social not individual problems;

and finally, women have been taught not not to question the "expert".

TREATMENT: Inform women across Canada about the hazards of pharmaceuticals; place this information in a context that helps the individual woman to understand the factors leading to the overprescription of drugs to women, empowers her to take control over her own body and health, and encourages her to work with other women to effect change in the health care system as a whole both in Canada and overseas.

TO A RANGE

This is for you - all of you.
You know who you are, and if
 I've neglected
To seek you out especially
and tell you what it meant to me
 to know that you remembered
 and you cared;
Well, this is for you to say
I heard you at the door, and it made me
 strong
I heard the cheers that day, too,
And when I heard why you were cheering
I wept; it was then I really
knew that I was not alone.

I don't need to tell you about the
desolation - you've all seen the hole
at one time or another - but it was
so hard for me not knowing when, if
ever, I would see you again.
It's been a long, lonely fall, but it's
all over now ...
and thanks to your support, I'm fine.

Right on, A Range!

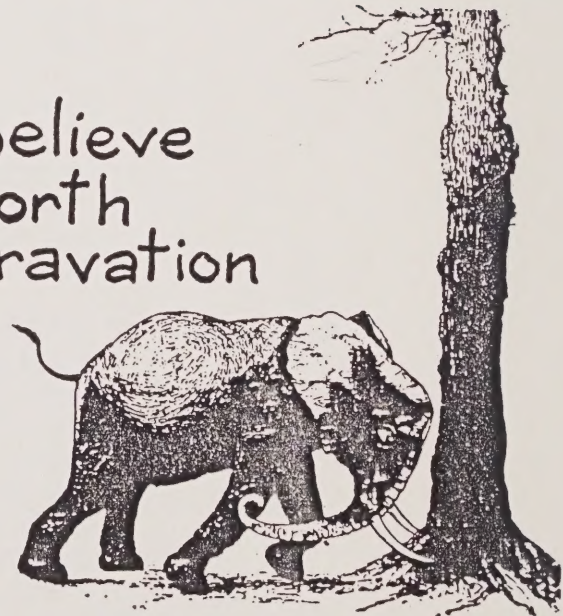
Mary S.

POT-SHOTS NO. 3408.

Somehow,
I have to believe
that I'm worth
all the aggravation
I cause
myself.

Ashleigh
Brilliant

©ASHLEIGH BRILLIANT 1985



HEART STEPPING

This article from Shape (November, 1985) was submitted by the Inmate Committee Recreational Representative. Thanks, Fran, for taking your responsibilities so much "to heart".

Obviously we do not have the choice between climbing stairs or taking elevators. However, it is useful to know how to make better use of a "built-in" exercise that is unavoidable anyway.

STEPPING UP

by Paul S. Fardy Ph.D.

Finland had, and still has, the highest incidence of coronary disease of any nation. Sixty percent of the insurance company's staff volunteered to take part in our survey. We studied 163 people, the majority of them women.

Our volunteers were divided into two groups: for 12 weeks, one would use only the elevator, the other only the stairs as they went about their workday routines. The stairs themselves were approximately six inches high and there were 27 steps to a flight. Of course, the flights that counted were those the volunteers took going up.

At the end of the 12-week period, we tallied up the results. We found that not only had the stair-climbing group's cardiovascular fitness improved, but they'd also lost some of the fat that had clung to their calves.

If you're thinking that our take-the-stairs group spent hours and hours climbing, you're wrong. In fact, the men averaged only 25 flights per day and the women 13. (Thirteen flights were not enough, however, for the younger women who were in better shape). Each of the climbers also indicated that this form of exercise became easier as they progressed.

Stair climbing, as our volunteers found, is an easy and safe fitness routine - there were no injuries during the 12-week session. It requires no special skill; after all, most of us have been climbing stairs since we were toddlers. It requires no costly or special equipment or clothing or membership fees. And you can fit this form of exercise neatly into your workday schedule.

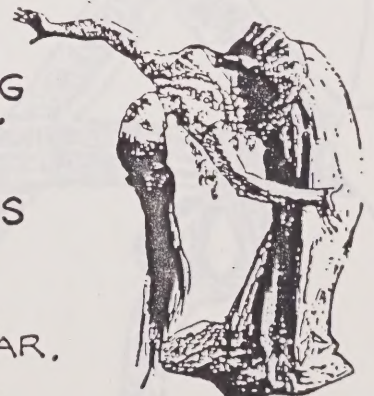
Applying these principles of Stepping Up here at Prison for Women will help to burn off calories, improve your heart and even help shape up your legs. Those awful stairs are one of the best exercise bargains around.

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POT-3001 10-1192

THE
BEST THING
ABOUT MY
LACK OF
PROGRESS

IS THAT
I CAN'T
FALL BACK
VERY FAR.



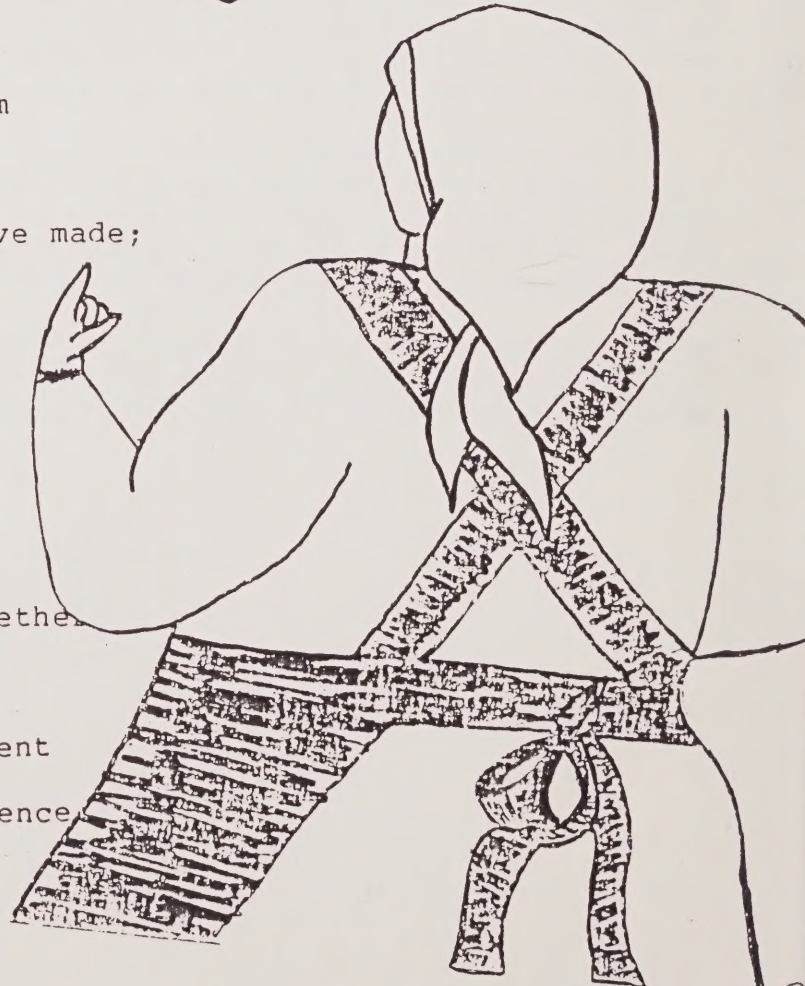
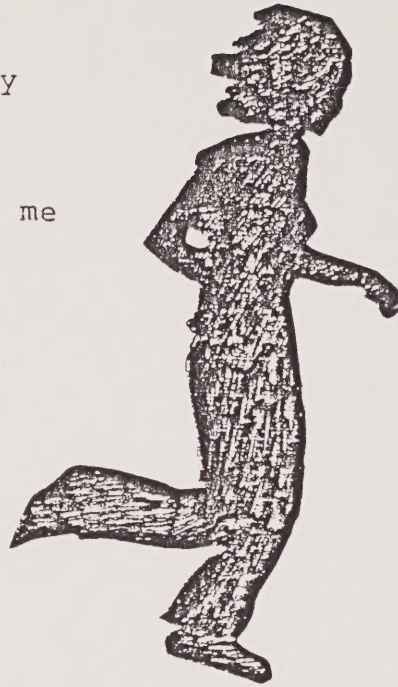
"ME AND MY SHADOW"

I am fleshy, pleasantly plump;
Sometimes I step out of my body
And see myself-----
The reflection staring back at me
Is pretty and slim.

She often leaves me,
To wander off somewhere,
While I miserably shovel down
More calories and my stomach
Activates like a factory.

I owe this production to boredom
Then when my me returns
I am aware of the progress I have made;
More pounds-----
I look at myself disgusted
And carry my weight unwillingly
Around for everyone to see.

Tomorrow I will get the act together
With me and she
Maybe we will come to an agreement
If she could only have the patience
To wait for my cargo
Before she leaves me and goes.



LOSING WEIGHT SENSIBLY

In a country where food is abundant and reasonably priced it's all too easy to put on a few extra pounds. The only way to lose weight and keep it off is to do it sensibly. Let's face it, anyone can lose weight, but being able to keep it off is the key.

Crash diets are a sure recipe for failure, most work temporarily, reducing the fibre in our bodies. This gives an immediate short term weight loss without real fat loss. Most are unhealthy as well.

Putting on weight is a simple matter of taking in too much food for your body's needs. Your body's needs vary according to your situation. You must assess how much energy you expel daily in relation to how much food you consume. It's quite simple really, input equals output. To lose weight sensibly you must take a little less in and put a little more out. While sports and exercise are fun and good for you they're not the real answer to slimming. The answer lies in the mind, a determination to think sensibly and realistically about your body.

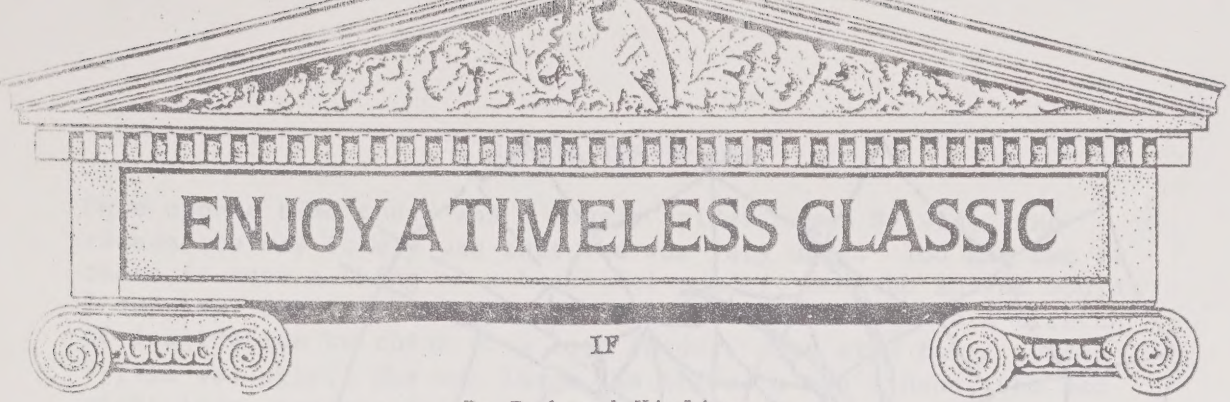
Examine your eating habits by checking with the following list:

- Always eat slowly.
- Don't read or watch T.V. while eating.
- Avoid eating meals alone.
- Concentrate on the flavour of the food (don't gobble).
- Have a drink before your meal, a warm one will suppress the appetite.
- Cut food up thoroughly and chew slowly and finish each mouthful before taking the next.
- Put knife and fork down between bites and use a smaller plate.
- At home, always eat in the same place.
- Try to eat regularly at the same time of day.
- Leave the table as soon as you have finished and put away leftovers immediately.
- Stop eating as soon as you feel you've had enough.
- Play pleasant music at mealtime.
- Allow yourself relaxation time after the meal.
- Avoid getting too hungry before a meal.
- Try to avoid stressful situations just before mealtime.

We are all aware of really fattening foods, and it's not necessary to give them up completely. Just keep them in proportion to your daily intake. Don't get up tight about trying to lose weight because stress is a diet killer. It only leads you to weight gain and more stress and more food and so on. Should you slip and have a setback - just accept it! It's hardly the end of the world and certainly not a reason to give up. You didn't put the extra weight on in one week so don't expect to take it off in one week.

Healthy weight is kept at an even level and not jumping up and down like a yo-yo. Try to relax and enjoy life because your whole approach to life affects your eating habits. Your body is not easily replaced so taking proper care of it should be one of your highest priorities in life. Slimming sensibly should be done with patience, not stress, with a realistic approach to changing old habits, and with a happy attitude toward making your body healthy and most importantly, long lasting.





ENJOY A TIMELESS CLASSIC

IF

By Rudyard Kipling

If you can keep your head when all about you
Are losing theirs and blaming it on you,
If you can trust yourself when all men doubt you,
But make allowance for their doubting too;
If you can wait and not be tired by waiting,
Or, being lied about, don't deal in lies,
Or being hated, don't give way to hating,
And yet don't look too good, nor talk too wise:

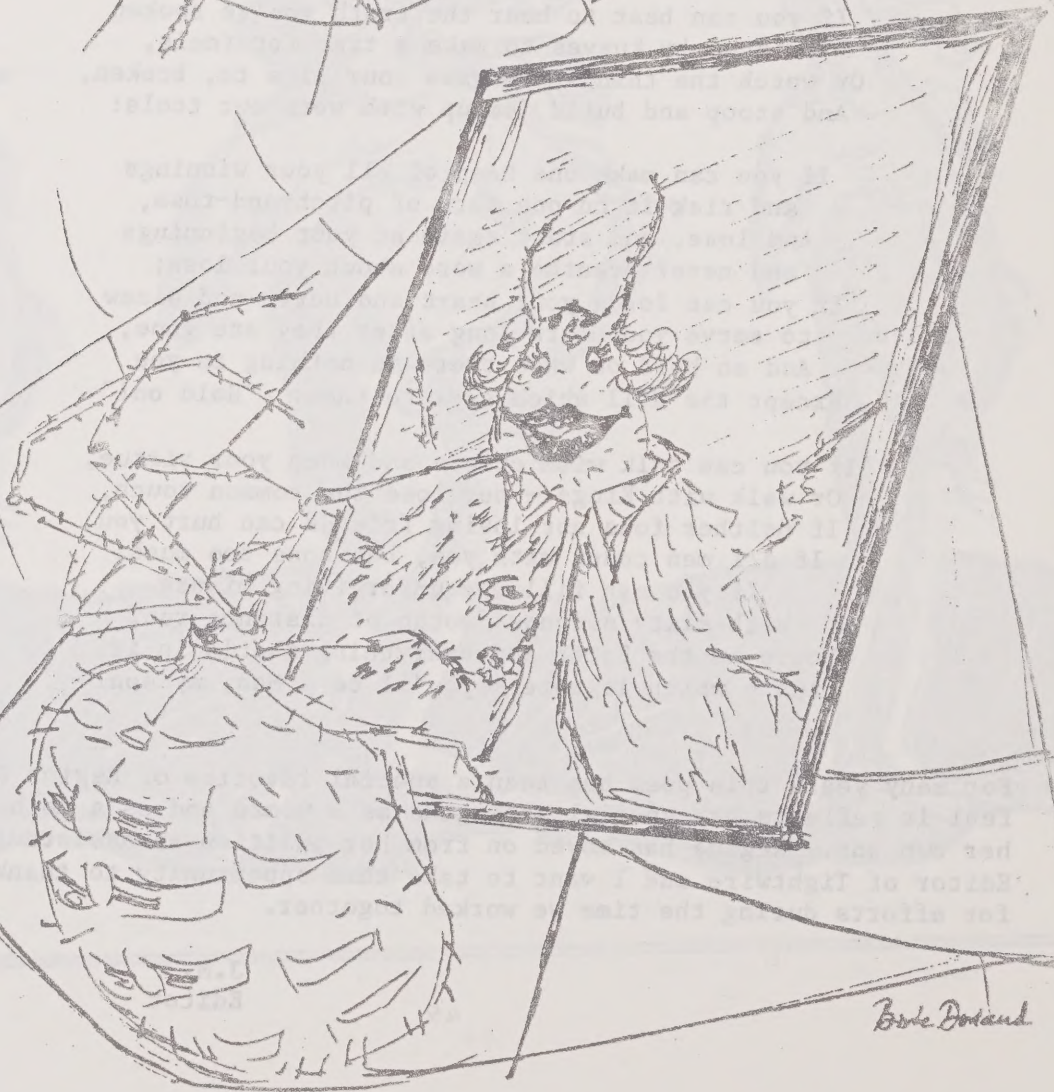
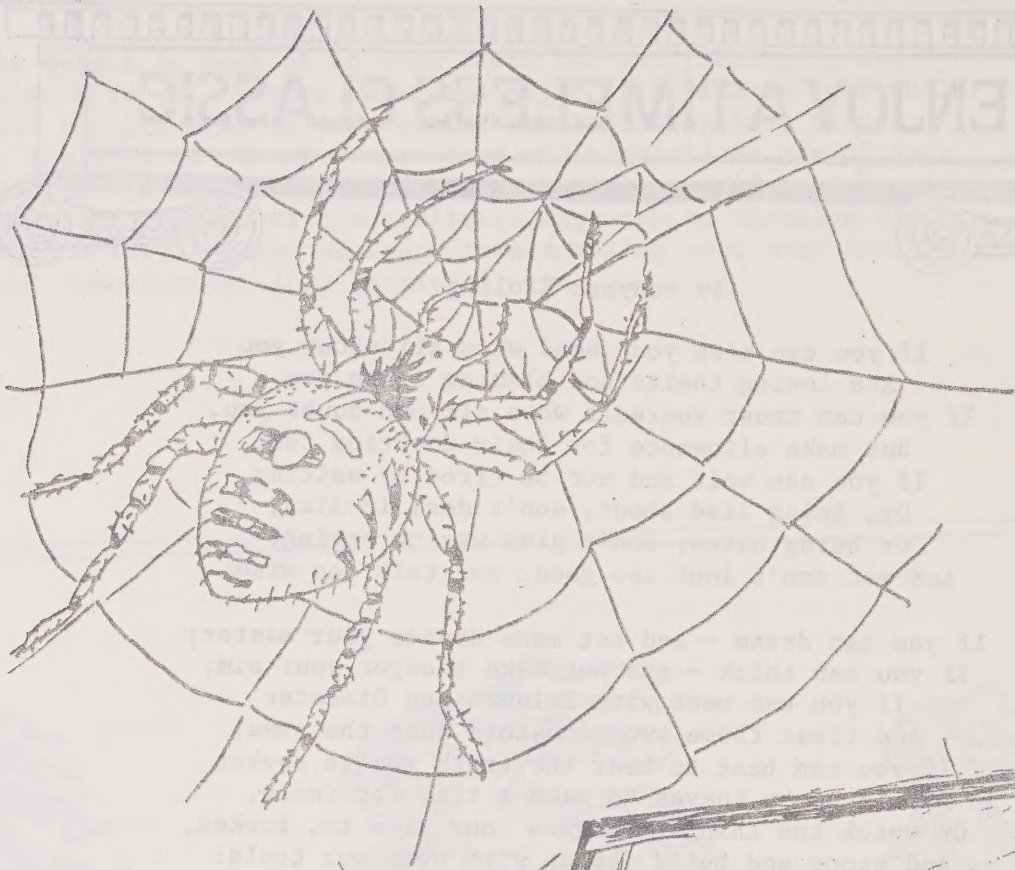
If you can dream - and not make dreams your master;
If you can think - and not make thought your aim;
If you can meet with Triumph and Disaster
And treat those two impostors just the same;
If you can bear to hear the truth you've spoken
Twisted by knaves to make a trap for fools,
Or watch the things you gave your life to, broken,
And stoop and build 'em up with worn-out tools:

If you can make one heap of all your winnings
and risk it on one turn of pitch-and-toss,
And lose, and start again at your beginnings
and never breathe a word about your loss;
If you can force your heart and nerve and sinew
to serve your turn long after they are gone,
And so hold on when there is nothing in you
Except the Will which says to them: "Hold on!"

If you can talk with crowds and keep your virtue,
Or walk with Kings - nor lose the common touch,
If neither foes nor loving friends can hurt you,
If all men count with you, but none too much;
If you can fill the unforgiving minute
With sixty seconds' worth of distance run,
Yours is the Earth and everything that's in it,
And - which is more - you'll be a Man, my son!

For many years this poem has been a special favorite of Regina R. I feel it reflects her special strengths as a woman and as a mother to her own son. Regina has moved on from her position as Assistant Editor of Tightwire and I want to take this opportunity to thank her for efforts during the time we worked together.

J.M.
Editor



Birdie Bodand

SYLVIA THE SPIDER

Once upon a time there was a lonely spider named Sylvia. The reason she was lonely was that she was very ugly. You may ask if there is such a thing as a beautiful spider; and the answer would, I suppose, have to be "No". In fact, it would be quite a stretch of imagination to think of a cute spider. But even for a spider Sylvia was ugly. She was large, as big as a man's hand; she had eight legs, and was all covered with fur. The very sight of her caused people to shudder. Women and children would flee, screaming in terror, if she happened to appear among them. Even men were known to jump on chairs and stay there till Sylvia had been chased away. Such reactions hurt her terribly, for what she most wanted was to be loved.

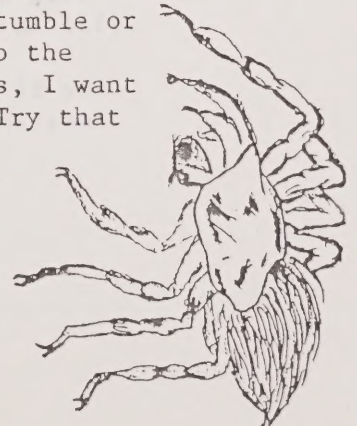
Now besides being very ugly, she was also very clumsy. Most spiders move so effortlessly. That was not so with Sylvia. If she had to run or make any sudden move, she got tangled up with her legs and fell on her face. She embarrassed all her friends. As a result, she was never invited to any parties. Who wants a clumsy spider at a party, I ask you?

Well, with her lack of beauty and her ungainliness, coupled with the abhorrence she aroused in people, Sylvia got more and more depressed. In fact, after a while she got quite neurotic. Every day her self-image dropped lower and lower. She got into such a bad state that she thought she must seek medical help. So she went to see a psychiatrist.

When that learned man heard her tale, he said, "Yes, Sylvia, you do have a problem. But I think I can help you. First of all, you have to build up your self-image. Now about your appearance, what about using a little lipstick and getting a different hair-do? Then you won't be so bad-looking."

Sylvia took his advice. She got a new hair-do, and started to use make-up; and she felt the better for it. She found herself looking in the mirror from time to time during the day; and she even began to think about getting a new wardrobe.

The next week she went back to see the doctor. This time he told her, "Well, Sylvia, today we are going to do something about your clumsiness. Look at these army training films. Look how the soldiers march: left, right, left, right. They never stumble or fall down. They walk very smoothly. I think you can do the same. Now, when you're walking, since you've eight legs, I want you to say to yourself: lefts, rights, lefts, rights. Try that for a week."



So for a week Sylvia walked along saying to herself: "Lefts, rights, lefts, rights." It seemed to help her, too; for she didn't fall down as much as she used to. Nor did she get tangled up with her feet, as she did before.

The next time she went back to see the doctor, he said to her, "Sylvia, I want you to look at this picture on the wall. It's a picture of Miss America in a bathing suit. How many legs does she have?"

"Why, two, of course," answered Sylvia.

"She's beautiful, isn't she," said the doctor.

"Oh yes, very glamorous," said Sylvia.

"Now tell me, how many legs do you have, Sylvia?"

"I have eight legs."

"Well, think about that for a moment, Sylvia. You've got eight legs: she's got two legs...eight legs...two legs...Just think! You're four times as glamorous as Miss America!"

"Gee, doctor, you're right! I never thought of it that way."

"Now look over here, Sylvia, at this movie star wearing a fur coat."

"Oh, isn't she beautiful! And isn't the coat elegant!"

"Well, don't you realize, Sylvia, you've got a fur coat, too; and you wear your fur coat all the time."

"Yes, but mine looks so ratty, doctor."

"Sylvia, a fur coat is a fur coat. What some girls wouldn't do to get a fur coat! And you have one all your own."

"I think I see what you mean. Thank you, doctor; you'll never know how you've helped me."

After all this treatment from the doctor, Sylvia's self-image did improve. She could now walk down the street with her head held high. She could go to parties and lead a very normal social life.

As for the moral of this story, I guess it's simply that, if you have eight legs and are covered with fur, and can still believe you're beautiful...why, then you can believe anything!



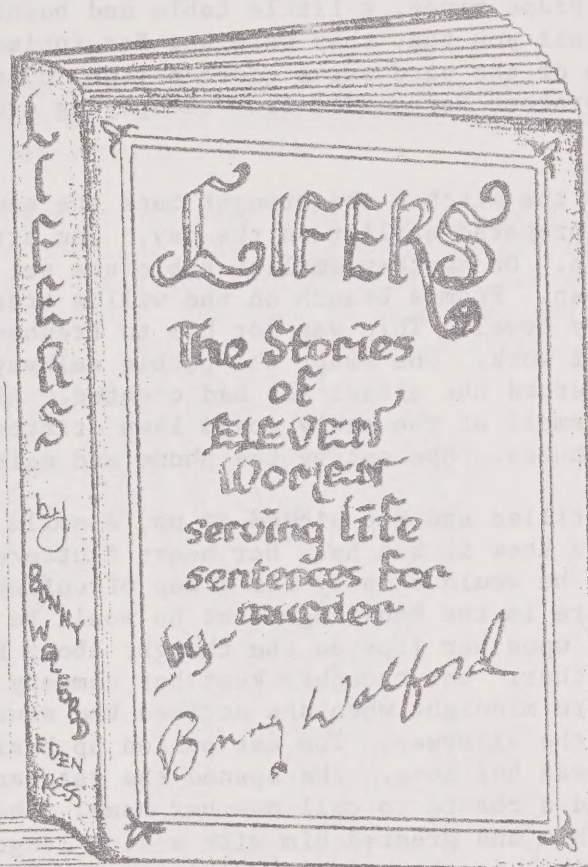
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A FRAGMENT OF TIME

A Cooperative Short Story by Doriana and Danette

Their's was a secret love.

On a serene September evening, warm, green and ripe, in the backyard of a city cottage, she prepared the scene. She set, beneath the grape vines, a little table and burnished chairs. One look would tell you that they were set for intimacy. On the exposed side of the yard was a clothes line, over this she swung a blacket to protect her garden from the prying eyes of her neighbours.

Returning to the kitchen she brought back the sandwiches and cake, so lovingly prepared earlier in the day. She arranged them on the table just so. On another smaller table she set a basin of hot water and soap. From a branch on the willow tree she hung a fresh, fluffy towel. This was for him to freshen up after a long, hard night of work. She swept the pebble walkway. Then she stood back and observed the effect she had created. All was perfect and ready. The smell of the newly mowed lawn drifted up and provided a clear freshness. She sat by the phone and waited.

The phone shrilled and she picked it up, a smile touching her lips, for she knew it was he. Her heart fluttered in anticipation when he said he would stop by for a cup of coffee. Again she waited, secure in the knowledge that he would be there. A secret smile played upon her lips as she thought about him and their evening together. Her thoughts kept her company until a few minutes before midnight when she noticed the sound of a car creeping up the alleyway. The car pulled up beside her fence and she knew it was her love. She opened the gate and let him in before he had a chance to call out her name. She slowly put her arms around him and greeted him with a slow langorous passionate kiss. When the kiss broke she led him to the carefully prepared table. Her eyes lingered on him and their appreciation of his handsomeness, his masculinity, his dimples deep and pronounced added a boyish quality to his face. God, how she loved him.

They held each other close, not hurrying to part, enjoying the sensation of being close to one another. They broke apart reluctantly. He surveyed the scene she had created.

He said smiling, "I should have brought my bass. The only thing missing is the music."

She smiled and a silly cliché passed through her thoughts "We'll make our own music."

They sat down to her little love feast and anticipations caused them to eat hurriedly. By the end of the meal they couldn't wait to make love. They explored and pleased each other beneath the stars. Only once did they stop for a moment when a black cat startled them. They laughed at each other's jumpiness. When they looked into each other's eyes they saw the love forever tattooed there.

They lay spent and exhausted, holding each other. Soon he had to leave because soon the other woman intruded on their thoughts. She, his wife, was waiting for him.

When he left a part of her went with him. He left her with a memory she could cherish. She could never forget that warm September, how his words and actions clung to her mind like the soul clings to the body. She knew he loved her and yet she remained married to a moment...a shadow...a dream.



"TOI"

Je me souviens et je tiens
Aux beaux souvenirs de ces jours;
Quand tu étais là à me donner l'amour -
Le jour viendra.....

Comme une rose,
Tu te poses,
Parfumée et Belle;
Qui en s'ouvrant est toujours
Plus jolie;
Avec des folies,
Et en amour!

Pour moi, tu es la rose,
Dangereuse, intrigante et exotique...
Tu me touches,
Et je m'intoxique!

Et - toutes les choses,
Tu les fais bien,
Et je le sens -
Car, tu es "MA ROSE".



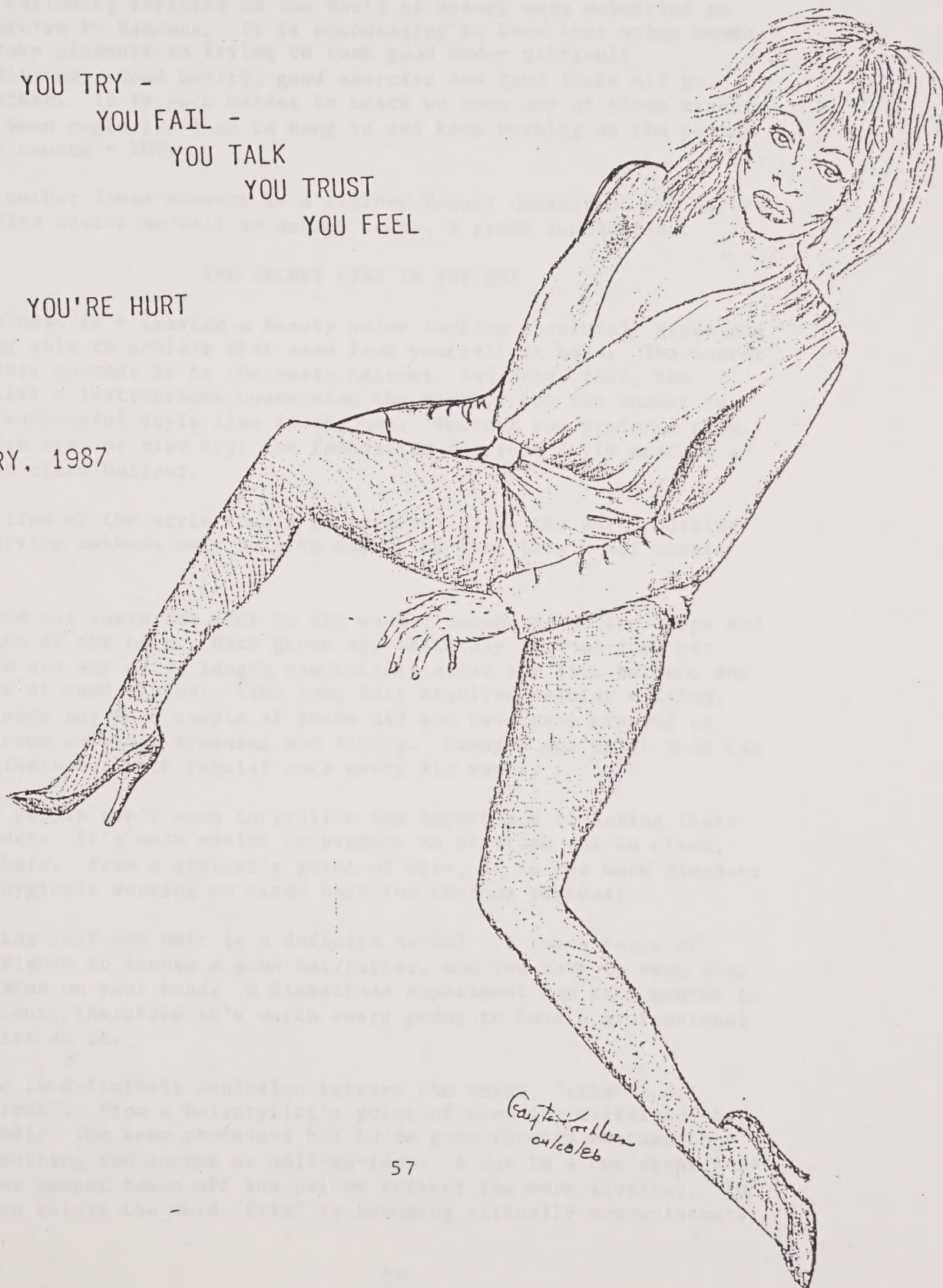
YOU ARE TOLD -
DON'T TALK
DON'T TRUST
DON'T FEEL

Private Dancer

YOU TRY -
YOU FAIL -
YOU TALK
YOU TRUST
YOU FEEL

YOU'RE HURT

D.B.
FEBRUARY, 1987



THE WORLD OF BEAUTY

The following articles on The World of Beauty were submitted to Tightwire by Ramonda. It is encouraging to know that other women do take pleasure in trying to look good under difficult conditions. Good health, good exercise and good looks all go together. It is much harder to catch up once any of these aspects has been neglected than to hang in and keep working on the person that counts - YOU.

The author Janie Bassett is a trained Beauty Consultant who offers skilled advice as well as common sense, a great combination.

THE SECRET LIES IN THE CUT

Happiness is - leaving a beauty salon looking absolutely great and being able to achieve that same look yourself at home. The secret to this success is in the basic haircut, and after that, the stylist's instructions concerning the style. But the answer to any successful style lies in the cut. Whether you prefer a perm, roller set, or blow dry, the foundation for your style must be a first class haircut.

The line of the style should be apparent after the cut. Setting or drying methods only help to emphasize that line - not create it!

A good cut lasts for four to six weeks, depending on the shape and length of the hair. Hair grows approximately half-an-inch per month and any extra length can totally alter the fine balance and lines of some styles. Even long hair requires regular cutting, the ends may be a couple of years old and have been exposed to rigorous washing, brushing and drying. Damaged and split ends can be eliminated with regular cuts every six weeks.

Many people don't seem to realize the importance of having their cut wet. It's much easier to produce an accurate cut on clean, wet hair. From a stylist's point of view, it is far more pleasant and hygienic working on clean hair for obvious reasons.

Cutting your own hair is a definite No-No! It takes years of experience to become a good haircutter, and you have to wear your mistakes on your head. A disastrous experiment can take months to grow out, therefore it's worth every penny to have a professional stylist do it.

There is definitely confusion between the words, "trim" and "haircut". From a hairstylist's point of view the difference is minimal. The same procedure has to be gone through whether they are cutting ten inches or half-an-inch. A cut is a cut regardless of the amount taken off and prices reflect the work involved. In modern salons the word "trim" is becoming virtually non-existent.

A good stylist is first and foremost a good haircutter. An inadequate cut can very easily be comouflaged in the salon by styling techniques, but it is very quickly found out after the first or second shampoos at home. Professionals have the ability to style around mistakes, but the layman has not! When too much time and effort is needed to make or force the hair into place, and sometimes even then the hair sticks out here or there - you can bet the problem lies directly in the cut. A good cut allows the hair to fall freely into place, without extended aggravation and effort at home.

If you remember that the very foundation of any style is in the cut, then you'll realize that perming and coloring in any capacity is secondary to the fact. Finding someone who can cut hair well should be your first priority, and usually all the rest will fall into place. Just knowing that the haircut is the start of anything beautiful to come, we may start looking more closely at the basic cut before even considering the finished style.

CONGRATULATIONS to Ramonda Basset who successfully passed her final examinations to earn her Licensed Hairdresser Certificate.



LETTER

Letter writing is an art. To write a letter which prompts an immediate reply a monumental feat.

More than any other form of writing, letters allow us to project ourselves as we really are; our personal character always shines through. We all know that we are loving, caring, thoughtful and sensitive people. Yet, if this is true, you might say, why do I, who am all of these, get such a poor response to my written words? Why am I always waiting - waiting for replies to my letters? Why must I always write three to get one?

The secret to receiving replies promptly may lie not in the number of letters you write but in how you write them. Three principles should be kept in mind:

- 1) Who you are addressing - their personality and interests;
- 2) The mood you wish to convey - happy, sad, mellow, etc.;
- 3) The facet of your character you wish the recipient to know - which area of your personality will receive primary focus?

Usually our letters are addressed to loved ones: spouses, lovers, children, family and friends. But, who in particular is the person you are addressing at this moment in time? This question is of extreme importance. Our knowledge of our loved ones, their special personalities and character traits, is intimate, although a lack of face-to-face contact may have served to make this somewhat difficult to remember. Consequently, before one actually sets pen to paper one should do one's best to conjure up a vivid image of the person addressed. For instance, as you write "Dear John" think of John in your mind's eye. Picture John as you remember him. Imagine him at some activity or perhaps have him just looking directly at you. Capture his mood.

Tune into the mood the recipient might be in as you are addressing him. Once you think you have a good "feeling" for his mood proceed to speak to him. This may not be easy, for you must speak to him in the form of the written word. If you could speak to him directly, what would you talk about? Immediately, you would find that, once the introductory phase is over, you would naturally discuss something of mutual interest. In other words, after the initial hellos and words of love and caring, you would move on to other topics. The conversation would progress in most instances

WRITING :

to areas of interest to him, for example, skiing, skidooing, hockey, automobiles, computers, you name it. The secret then is to write questions concerning his interests and/or hobbies that require an answer. Demand an answer in a subtle way by specifying that it matters to you and is thus important that he responds as soon as possible.

If you find you do not know enough about the recipient's interests and hobbies ask general questions concerning what they may be to begin with. Then proceed to general questions concerning the given interest gradually moving to specifics as you continue to correspond.

As the letters keep coming you should expect some "details" concerning the interest. This gives you a chance to do some personal research on the topic by looking up information in the library and/or discussing aspects of the interest with your friends. Your friends might have some interesting views, perspectives and/or anecdotes you could share with John in your next letter.

It is an unfortunate fact of life that some people you know, much as you wish it were different, will be unable to cope with all aspects of your personality. Keeping this in mind will help you determine the content of your letters to given recipients. Also, awareness of this fact will assist you in deciding who and how you will write about some of your personal concerns. Thus it is important to stop and consider the personality traits of the proposed recipient: strengths, weaknesses, sensitivities, etc. The aforementioned exercise will decrease the chance of writing someone and sharing a part of yourself which this particular person is unable to identify with and much less able to reply to. One should mentally question oneself before deciding on the content of the letter; which aspects of one's personality can safely be focused on to ensure an honest, open, comfortable and hopefully prompt reply.

In conclusion, the secret to writing the letters that get responses is to gear yourself to the person addressed. Share the world, the interests of the recipient as much as possible, e.g. kids - the world of school and sports activities. Assessing the character of the recipient and working within these boundaries as you streamline the content of your text will ensure that you only ask of people what they are capable of giving. In other words, each recipient of your letters will be able to respond to what you have written. Your projection of yourself will shine true in each instance and recipients will respond in kind.

MAN IN MOTION POSTER

From the desk of Laura King, Inmate Pay Administration Clerk, we received the following message.

"I wish to thank inmates and staff for their participation in signing the Man In Motion Poster for wheelchair athlete, Rick Hansen, on his recent visit to Kingston.

I was fortunate enough to have the opportunity to give Rick the poster and wish him well on behalf of everyone at P4W."

HONOR ROLL

RICK HANSEN

*Born on August 26, 1957, in Port Alberni, B.C. Resident in Vancouver.
Lost the use of his legs in a traffic accident at age 15. Spent 1986 on a round-the-world trip in a wheelchair gathering recognition and donations for the disabled, and aims to complete the cross-Canada journey to British Columbia in 1987.*

'Being The Best With What We Have'

Still, little that Hansen has done prepared him for some of the experiences he has had since he and his five-member crew began the Man in Motion World Tour last March 21. He has been robbed four times and celebrated by heads of government. "More than anything," said Hansen, who hopes to reach Vancouver in May, "I have been struck by how alike people really are, no matter what their conditions or where they are." He has also reflected on the changes his disability made in his life. "The fact is," he said, "that I have now made myself accomplish things I might never have done if I had not had the accident."



CHAPLAINCY SCHEDULE

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CATHOLIC CHAPLAIN -- FR. TOM BRADY
JEWISH CHAPLAIN -- RABBI H. BASSER (ON CALL)

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	1400	PROTESTANT SERVICES (REV. DOWNS) (ALTERNATING SUNDAYS) SALVATION ARMY (FIRST MONTHLY)
	1900	NATIVE PRAYER TIME (ON REQUEST)
	2030	PRISON FELLOWSHIP (REV. DOWNS) PHONE CALLS (REV. DOWNS)
MONDAY	1100	BIBLE STUDY COURSE (REV. DOWNS) LIMITED ENROLLMENT - (FASTING)
TUESDAY	1600	SUPPER AND DEVOTIONS (REV. DOWNS)
	1800	DIALOGUE (DISCUSSION) GROUP (REV. DOWNS & MR. R. CARRIER)
	1915	CHAPEL GROUP (REV. DOWNS & QUEEN'S STUDENTS)
WEDNESDAY	1100	BIBLE STUDY (REV. DOWNS) (TO COMMENCE JANUARY, 1987)
THURSDAY	1215	R.C. MASS (FR. BRADY)

ADDITIONAL RELIGIOUS VISITS ARRANGED THROUGH REV. DOWNS

tightwire

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Une question de dignité



FEMMES D'ACTION DÉC. 86-JANV. 87

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1987

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South Wing: Colombe Gratton
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French Rep: Suzie Hunt
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B Range Rep: Mary Smith

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